

Carolina country

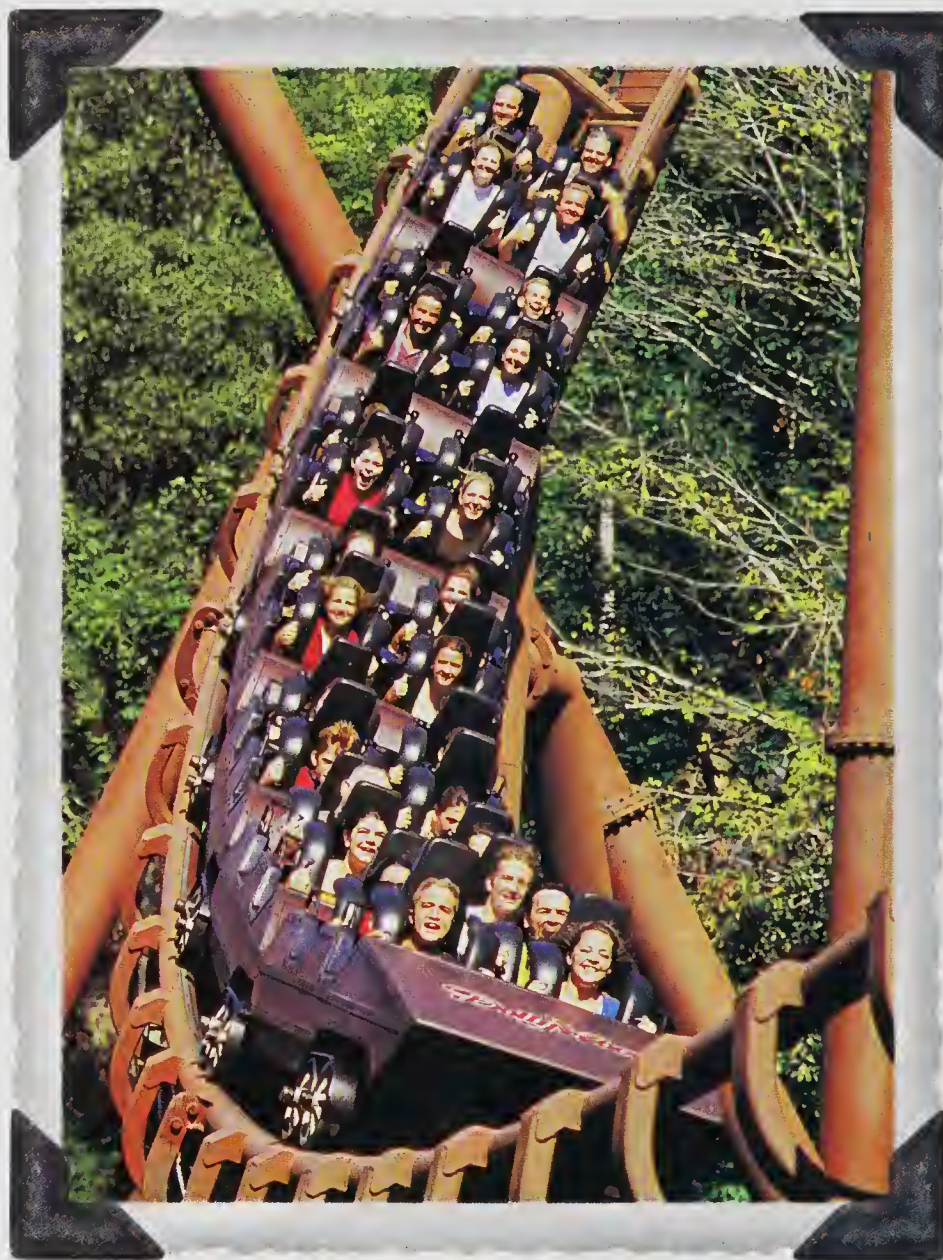
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Nell Cole Graves was one of the legendary Cole potters in Seagrove (Randolph County). In the 1920s, she was the first woman to take a major role in the region's fine pottery business. In 1996, she received a North Carolina Folk Heritage Award. She died in 1997. (Photo courtesy of the N.C. Division of Tourism, Film and Sports Development.)

See more about North Carolina's pottery heritage on page 22.



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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.



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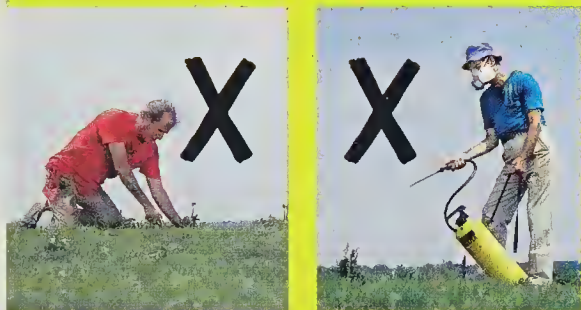
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HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.



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2 ENDS RE-SEEDING NEVER NEEDS REPLACEMENT

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Carolina Country MARCH 2003



The lowdown on underground power lines

By James E. Mangum Jr.

The job of building and maintaining our power distribution system is a major part of an electric cooperative's budget. It ranks second only to the cost of acquiring electric power itself.

We continually review our distribution systems to ensure that they will supply you with reliable electricity, safely and economically. Especially after a major power outage, such as many co-ops experienced during the ice storm of December 2002, re-assessing how we build and maintain power lines takes on greater importance. After the ice storm, consumers and state officials asked whether underground power lines would be less vulnerable to weather-related outages than lines on poles.

There are a number of factors to consider when comparing underground and overhead lines. Both of these methods of power delivery have advantages and disadvantages.

Generally, overhead lines are more affordable to construct. We can reach them more easily for maintenance and repair. We can inspect and repair faults on the line more readily, too.

However, overhead lines are viewed by some as unsightly, and aesthetics are the leading rationale for burying lines. Also, because overhead lines and poles are commonly located alongside roads, they can be targets for vehicle crashes. Overhead lines are vulnerable to damage caused by falling trees and limbs that occurs during ice storms and hurricanes. The cooperatives' lines, poles and substation structures are engineered to withstand many forces of nature, but may not withstand the force of a fallen tree or large branch. A methodical tree-trimming and right-of-way maintenance program for power lines is crucial to our mission of delivering reliable electric power to our members. (For more on right-of-way maintenance, see page 10.)

Underground lines have their own advantages. They are not part of the visual landscape. And they are protected from damage caused by falling trees, branches and wind.

While underground lines are relatively impervious to the effects of falling trees and branches, neighborhoods with buried utility lines are not necessarily immune from power outages, because the source of the outage may be at the primary overhead line, substation or transmission stage of the system. Digging for other reasons, such as cable or water pipe installations, is another common cause of power interruptions in underground lines.

When an underground cable failure occurs for any reason, it requires additional, specialized repairs, which can prolong the time it takes to restore power. Also, locating underground failures is generally more difficult and requires special equipment.

Cost is a major consideration here. The overwhelming majority of the cooperatives' underground lines are in planned residential developments. (Approximately 80 percent of the electric cooperatives' lines in North Carolina are overhead.) Usually, the higher installation costs are absorbed in a developer's costs and pricing structure. New developments are generally the most cost-efficient environment for underground service, because right of way is more easily provided and there is little or no disruption or scheduling around existing residences or business operations. Aesthetics, not increased reliability, is the primary reason underground lines are requested for new residential neighborhoods.

Installing underground lines is more difficult and expensive in already-developed residential and commercial areas. In addition to the considerably higher costs of installing underground lines, cooperative decision-makers must weigh the significant investment that was made in the existing — and still reliable — overhead lines. We must acquire additional right of way or easements to provide direct connection to homes and businesses. It's also costly to install lines in a method that minimizes disruption to a residential or business area, as well as to the environment. We also must look out for existing utility infrastructure, such as water, gas, phone and cable.

When underground lines are being considered as a storm damage mitigation measure, cooperative managers must balance the increased cost against the likelihood of repeated incidents of severe weather.

For example, Brunswick Electric Membership Corporation is burying 88 miles of electric lines in some beach communities because these lines were repeatedly damaged by a series of hurricanes that hit the North Carolina coast during the 1990s. While this project is funded primarily by the Federal Emergency Management Agency (FEMA), these grants are very rare and shouldn't be considered a dependable funding source for the installation of similar underground lines across the state.

We consider all these factors when we review engineering evaluations of potential facility installations. Both approaches have their advantages. The issue is complex and best decided on a case-by-case basis, according to local needs and conditions, which is the approach taken by North Carolina's electric cooperatives.

James E. Mangum Jr. is CEO and general manager of Wake Electric Membership Corporation, the Touchstone Energy cooperative serving more than 22,000 members in Wake, Granville, Vance, Durham, Johnston, Nash and Franklin counties.

Winter landing ▶

This was taken on our pond in Youngsville (Franklin County) during the ice storm. I was so fortunate to capture the geese after they landed on the island.

*Christine Hawkins
Youngsville
Wake EMC*



◀ To honor our men and women in the military

This year I decorated my Christmas tree in patriotic colors to honor the service men and women of the U.S. Being away from home and family must be hard for them anytime, but especially at Christmas. They willingly risk their lives for our freedom. I don't have individual addresses for them, so I hope Carolina Country will print this to let them know we appreciate what they are doing for us.

*Betty Holdsclaw
Terrell*

The Stonebridge mailboxes ▼

These are the Stonebridge mailboxes. They serve over 100 families in the little community of Stonebridge, about five miles east of Todd in Ashe County. I don't know what the record is for regular rural mailboxes in a row, but my recent count came up with 95.



These cabins are constructed of old logs. We spend about three days a week up here in our cabin, served well by Blue Ridge Electric.

*Glenn O. Martin
Todd*

Cabbage patch kid ▼

This is my nephew Luke Bright at 8 months old. In the years to come, I expect to show him the value of being a dependable and honest part of the community, just like Rutherford EMC.

*Jill Beam
Nebo*



The Underground Railroad Quilt Code

Our story about the Underground Railroad Quilt Code ["Follow the Flying Geese", February 2003] drew many comments, including some that require us to issue corrections and clarifications.

Africans enslaved other Africans

Richard S. Greene, from Boiling Springs, said that our statement that slave traders hunted down and captured Africans is "technically correct," but he notes that "these hunters were themselves Africans. The Europeans and Americans universally bought slaves from warring African tribes who enslaved the more peaceful agrarian tribes. Whites did not do the hunting and capturing; they did the buying and transporting."

Mr. Greene also surmises that "the quilt legend is pretty far-fetched, considering the usual lack of communication between plantations. It does make a pretty story, however."

Douglas Morgan of Havelock made a similar point about the slave trade: "It leaves the impression (and perpetuates the myth) that Europeans, either by storm or by stealth, pounced upon Africa with the sole intention of rounding up a store of human stock like some sort of Old West cattle drive, to sell to the labor-hungry Americas. . . . The incontrovertible historical fact is that Africans were inexcusably complicit in the slave trade."

Mr. Morgan offers several sources that explain how the slave trade operated including:

- Katherine Kirsten, chair of the American Experiment: "In Africa, too, slavery was endemic. More advanced coastal tribes frequently enslaved those from the interior . . . European slave traders did not usually chase down and capture slaves - a widespread stereotype - but purchased them from tribal chiefs."
- Harlem Renaissance writer Zora Neale Hurston: "The inescapable fact that stuck in my craw was: My people had sold me . . . My own people had exterminated whole nations and torn families apart for a profit before the strangers got their chance to a cut."

Kansas State University

Also, we were wrong about where Laura Sneed, the Wake County resident who quilts with the Underground Railroad Quilt Code, met the prominent researcher of that code. Mrs. Sneed met Jacqueline Tobin at Kansas State

Was Abraham Lincoln a Tar Heel?

Several people contacted us and Charles Joyner about Mr. Joyner's article ["Was Abraham Lincoln Born in Western North Carolina?", February 2003] on the book "The Genesis of Lincoln," by James H. Cathey. Cathey claims that Abraham Lincoln's mother, Nancy Hanks, gave birth to her son, Abraham, in western North Carolina.

The book was first published in 1899, and although several editions were issued subsequently, the book has long been out of print. If you're interested in reading it, try your local library's Interlibrary Loan program.

Patricia K. Smith, of Morganton, sent us copies of newspaper articles about her aunt's mother-in-law, Callie Elizabeth Foster, who died in Fairview (Buncombe County) in March 1962. Born Callie Edney, near Edneyville (Henderson County), Mrs. Foster would tell the same story that James Cathey recounts in his book: that Abraham Enloe of Rutherford County (Callie Foster's great-grandfather) was the father of Nancy Hanks' illegitimate son, who she named Abraham.

Richard "Harry" Brown, a member of Rutherford EMC, told us that the alleged site of Lincoln's North Carolina birthplace is in Bostic, northeast of Forest City in Rutherford County, where the Bostic Historical Society has placed a marker.

Kathleen A. Shipley, of Brevard, told us that since childhood she had heard that Nancy Hanks was related to her family, the Shipleys of Maryland. She says that other research, however, shows that Nancy Hanks had no connection to North Carolina. She referred us to a paper by David Andrew Sturgill that refutes the North Carolina and Enloe connections: It's in the "Ideas of the Past" section at the Web site: www.geocities.com/Athens/Olympus/6552/lincoln.htm.

Which is why Charles Joyner advises in his Carolina Country article: "You be the judge."

University in Manhattan where Mrs. Sneed's daughter is employed. We called it the University of Kansas, a mistake which attracted attention.

Mary Anne Peebles, a South River EMC member in Stedman, told us "The great state of Kansas has two very fine universities, The University of Kansas (the Jayhawks) located at Lawrence, and Kansas State University (the Wildcats) located at Manhattan. The rivalry between these two is similar to the one between the University of North Carolina at Chapel Hill and North Carolina State University."

Raymond J. Rundus, also a member of South River EMC, said, "I, as a native of the Sunflower State, was taken aback to discover that the University of Kansas had been relocated to Manhattan. I have not been 'home' for a visit for a while, but unless considerable rearranging has been done (whether by tornado or otherwise), the University of Kansas (sometimes disparagingly referred to as the 'Flaw on the Kaw') still remains in Lawrence, while Kansas State University (sometimes disparagingly referred to as 'Silo Tech') is on the Blue River in Manhattan (sometimes referred to as the 'Little Apple')."

Learn the Quilt Code

The Gastonia Quiltmakers Club is teaching interested quilters how to make the Underground Railroad Code patterns. The class is composed of 20 quilt blocks and will allow members to make an Underground Railroad sampler. For information, contact Linda Jozwiakowski at (704) 866-7677.

The club, organized at the Lucille Tatum Homemakers Extension Center, conducted its own research and scheduled Serena Strother Wilson to speak to the community in February. Ms. Wilson is the niece of Ozella Williams of Charleston, S.C., who preserved and revealed the Quilt Code to researchers. The club's own Underground Railroad quilt hung at the Gastonia Public Library during February.

Michael E.C. Gery
Editor

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Carolina County, MARCH

Tree trimming and right-of-way maintenance help reduce power outages

Fallen trees and branches are a major cause of widespread power outages after a natural disaster. Electric cooperatives' lines, poles and substation structures are engineered to withstand many forces of nature, but may not withstand the force of a fallen tree or large branch.

An aggressive tree-trimming and right-of-way maintenance program for power lines is crucial to the cooperatives' mission of delivering reliable electric power to the consumer. However, even with a first rate right of way maintenance program, major storms often cause trees outside the right of way to make contact with the lines and cause outages.

A clear right-of-way is so important that a major financing source of rural electric cooperative infrastructure, the U.S. Department of Agriculture's Rural Utilities Service (RUS), issues regulations and bulletins that, in essence, require electric cooperatives to have an effective tree-trimming and right-of-way clearing program in place. This program must include a regular rotation schedule determined by vegetation growth patterns and service area terrain. Similar tree-trimming and right-of-way maintenance programs are required for a cooperative to receive its safety accreditation from the National Rural Electric Cooperative Association (NRECA). All North Carolina electric cooperatives have earned their safety accreditation from NRECA.

In addition to using their own employees for right-of-way maintenance, many cooperatives employ contractors and tree-trimming specialists.

A guide to planting trees near power lines

Your cooperative can minimize expenses and let Mother Nature take her course if you consider power line clearance requirements before planting trees.

Consult your nursery salesperson to determine the mature height and width of trees before purchasing them.

The following trees are utility friendly when planted outside the right-of-way area:

Crape myrtle	Japanese maple
Dogwood	Purpleleaf plum
Eastern redbud	Star magnolia
	Yaupon

Measure 15 feet from the power line and then half the distance of the width of the tree's spread when fully grown. This is as close as you should plant to power lines.

Try not to plant these tall growers within 50 to 75 feet of power lines:

Ash	Chestnut	Pecan
Beech	Chinaberry	Pine
Birch	Elm	Poplar
Black gum	Maple	Southern
Cedar	Oak	Magnolia



Graphic by Nicole L. Ferrari

Electric cooperatives adhere to national standards for safe, effective clearances in power line rights of way. Higher voltage power lines require a wider berth for clearance.

At left: Typical electric distribution lines that you see along the edge of roads carry either 12 kilovolts or 24 kilovolts of pressure. The minimum clearance between a power line and the closest edge of a tree is 10 feet for a 12-kv line and 24 feet for a 12-kv line.



The transmission lines you see extending across fields and up hillsides carry higher pressure, either 69 kilovolts or 115 kilovolts. The minimum distance between a transmission line and the closest edge of a tree is 50 feet for a 69-kv line and 100 feet for a 115-kv line.

Survey finds members OK with co-op storm response

Household customers of North Carolina's electric cooperatives reported better than 70 percent satisfaction with their co-ops' response to the December ice storm, according to a telephone survey of affected households in 36 North Carolina counties.

The results are part of an analysis coming from a survey conducted by researchers at the Howard W. Odum Institute for Research in Social Science at the University of North Carolina at Chapel Hill and RTI International. Investigators telephoned 457 households Dec. 21-29 in the 36 counties included in North Carolina's application for federal disaster relief to assess the impact of the ice storm.

About three-quarters of all households surveyed lost power, the survey showed. The average outage for all households was about 2.5 days for Duke Power and Progress Energy customers compared with about 1.5 days for those served by other utilities.

The survey asked people to rate, using a 0 to 10-point scale, how much they agreed with the statement: "I was very satisfied with my electric power company's response to the ice storm."

Lower numbers indicated disagreement; higher numbers represented agreement. A "5" meant that they neither agreed nor disagreed. The average scores for Duke Power and Progress Energy households were 6.6 and 6.5, respectively. The "smaller utilities" averaged 7.6.

UNC's Odum Institute, founded in 1924, maintains one of the nation's largest archives of polling and census data and supports social science research at UNC. RTI International, an independent, nonprofit organization, is dedicated to conducting research that improves the human condition.

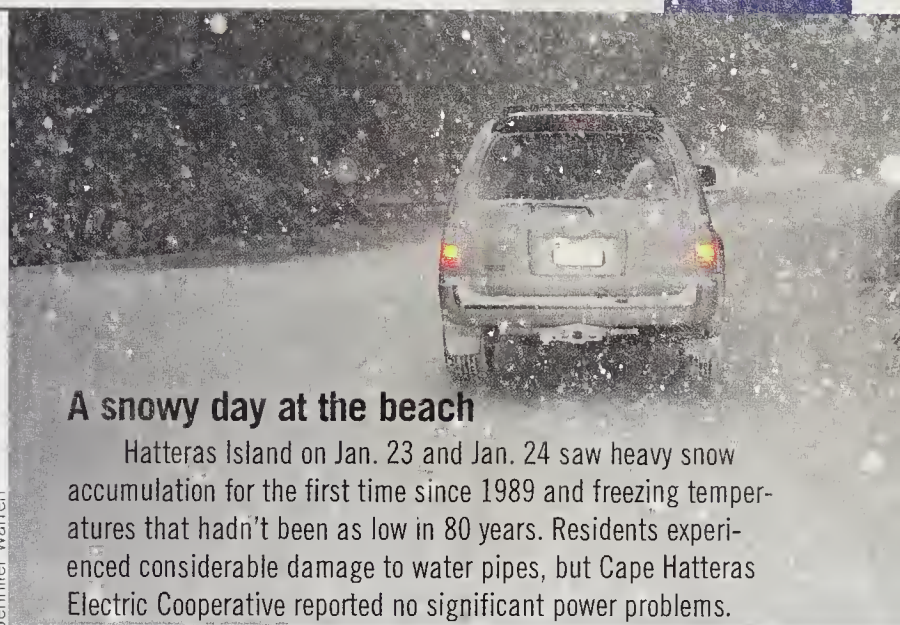
Co-ops issue a report on response to December ice storm

Following December's ice storm, Governor Mike Easley established the North Carolina Disaster Preparedness Task Force to review the state's broad emergency response to the storm. The Task Force assigned the N.C. Utilities Commission (NCUC) to review and report on issues concerning electric utilities' preparedness for and response to the storm.

The North Carolina Association of Electric Cooperatives, on behalf of member cooperatives, prepared a general, comprehensive report of cooperatives' plans for disaster preparedness, storm response and power restoration. In addition, the report addressed specific issues regarding the ice storm.

The report contained the following information:

- A description of where and how the state's electric cooperatives operate.
- How co-op linemen are trained.
- The process co-ops follow to maintain power line rights of way and inform consumer-members about it.



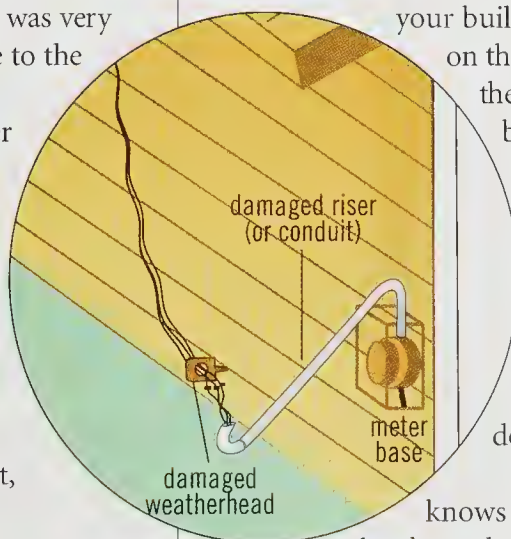
A snowy day at the beach

Hatteras Island on Jan. 23 and Jan. 24 saw heavy snow accumulation for the first time since 1989 and freezing temperatures that hadn't been as low in 80 years. Residents experienced considerable damage to water pipes, but Cape Hatteras Electric Cooperative reported no significant power problems.

Jennifer Warren

Who is responsible for repairing this?

Graphic by Nicole L. Ferrari



Damage can occur to the service equipment attached to your building. For example, a tree limb may fall on the power line that feeds your house, and the conduit that rises from your meter base may be pulled away from the wall of the building.

Your co-op cannot repair this. You are responsible for re-mounting this equipment to your building.

Contact a qualified electrician. Do not touch this equipment. This may be energized and could deliver a deadly shock.

Make sure your electric cooperative knows that the power line to your building has been damaged.

- An explanation of the uniform, Rural Utilities Service construction standards co-ops apply when building and maintaining power distribution systems. The uniformity, the report stated, allows co-op linemen to efficiently assist other linemen from different co-ops, both in North Carolina and out of state, because all the linemen are familiar with this standard distribution system.
- A discussion of the ramifications of burying utility lines underground. (See a fuller statement on page 6.)
- How the co-ops' Emergency Response Plan works, including the Cooperative Storm Center at the statewide office in Raleigh, the centralized and coordinated deployment of personnel and equipment through the cooperatives' equipment co-op, the Tarheel Electric Membership Association in Raleigh, and the implementation of each co-op's own crisis communications plan. In many cases, co-ops can respond quickly to outages because their personnel are nearby.
- Co-ops continually educate members about the steps they follow to restore power after an outage.

Setting A Pole

Photography by Donnaree

A line crew from Tri-County EMC recently set a pole at the K.J. Harrison Farm on Fire Tower Road near LaGrange in Lenoir County.



Donnie Deavers guides the pole to its hole, while William Jones works from the truck.

William Jones runs the derrick from his seat on the digger derrick truck. Donnie Deavers guides the butt of the pole, as Jerry Daughtry points out the direction. Doug Powell works from the bucket of the aerial lift truck.



William Jones operates the derrick to steady the pole (left) while Donnie Deavers works beside the truck. Doug Powell is in the bucket of the aerial device to prepare the pole for power lines.



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A black and white portrait of Dr. Charles Boyette, an older man with glasses, smiling. He is wearing a light-colored shirt and a dark tie.

The Essential

Country Doctor

Belhaven's doctor for nearly 40 years and its mayor for 10, Charles Boyette cares for the people he serves. "I can just look at them and know if they're sick or well."

By Dave Faries

*Y*ou actually hear him down the hall, approaching at what seems like a run. He may sweep into his office and sit for a moment, but the phone rouses him back into action. Next, you see him at an event in town—the opening of a daycare center, perhaps—delivering a few brief remarks, praising the efforts of everyone involved. Moments later, he's at the hospital, preparing for surgery.

Dr. Charles Boyette is everywhere.

The tireless family practitioner from Belhaven has been on call day and night for 36 years. He delivered more than 3,000 children before a crumbling support network forced him to curtail his obstetrical work in 1992. Yet he still operates a busy clinic with more than 19,000 active patients, works as medical director for the Pungo District Hospital, treats patients at the local nursing home, traverses the area on house calls . . . oh, and serves as mayor of the waterfront town of Belhaven in Beaufort County between Greenville and the Outer Banks.

Between his medical practice and town business, Dr. Boyette typically works 14-hour days. In his spare time, he assists with the county's economic development board and raises money to support almost 100 students at Beaufort County Community College. As mayor for the past decade, he is responsible for new water and sewage treatment plants, several daycare centers and a civic center. On chilly winter days, he rushes about in short sleeves. He dons a Russian-style hat only when the weather turns bitter. Even then, one woman reports, "I've only seen him wear it three or four times." He jogs or rides a bicycle on house calls. In the summer, locals occasionally see him on the Pungo River, skiing barefoot.

"It is difficult to imagine how one man can be in so many places at the same time," marvels Tom Thompson, executive director of the Beaufort County Economic Development Commission, "but Dr. Boyette does seem to be everywhere at once."

THE CHALLENGE OF RURAL HEALTH CARE

The nature of rural medicine, particularly in this remote part of the state, demands endless activity. Only one other clinic serves eastern Beaufort County, and a single elderly physician resides in Hyde County—two of the largest counties, geographically, in the state. Barely 50,000 people live in the area, often widely separated by swamps or stands of trees that cling to the narrow roads. Nine of every 10 patients at Dr. Boyette's clinic rely upon Medicare or Medicaid. But no matter, he treats them whether or not they can pay the bill.

His commitment to the people of Belhaven and the surrounding area recently earned Dr. Boyette national recognition as a finalist for the "Country Doctor of the Year" award, from a field of 248 nominees. "The hospital, the practice, the town—those things are Dr. Boyette's life," explains Joe Caldwell, executive vice president of Staff Care. The award, sponsored by Caldwell's Texas-based temporary physician staffing firm, honors rural physicians who demonstrate extraordinary dedication to patients

and community. "We read every year about the crisis in rural health care," he adds. "But some doctors respond to the challenge through innovation, hard work, and acts of sheer nerve."

"Acts of sheer nerve" is an apparent reference to the time Dr. Boyette ruptured a disc and ended up in traction. When a local woman went into labor, the doctor disconnected himself from traction to deliver the baby, then freed himself again later that night to rush out and save a heart attack victim.

"Dr. Boyette is always doing his best to help his fellow man, be it as a caring doctor or a rural community leader."

**Walter Jones, U.S. Representative,
Third District, North Carolina**

"I have never seen a time, whether it was midnight or 7 a.m., that Dr. Boyette was not on call to assist the sick or be there in an emergency," says Mary Holloway, a Belhaven resident.

Stories of doctors cutting themselves from traction in order to treat patients in the middle of the night may seem quaint, but the rural health care crisis to which Joe Caldwell refers often requires such courageous acts. Twenty percent of all Americans—54 million people—live in rural areas. Yet barely 10 percent of all physicians practice in small towns or rural communities. Many people must drive an hour or more to reach medical care. More than 20 million Americans live in medically underserved areas, where towns often rely on a physician assistant for health care. More than 460 rural hospitals closed since 1980. And more than 1,000 doctors leave America's rural communities every year. Yet Dr. Boyette has never wavered in his support for Belhaven. "I always wanted to practice rural medicine," he says defiantly.

That means house calls, cradle-to-grave care, and late nights. Dr. Boyette's scheduled hours are 8 a.m. to 5 p.m., but he often lingers with patients well into the evening. "Anyone who comes in this office," he states with resolution, "if they're sick, they're seen."

House calls have always been a part of his treatment plan, and he still makes the occasional round. "There's no better way to learn about your patients," he says.

Country doctors, on average, work

longer hours and treat more patients than their urban counterparts—for less money. "There's no forgiveness factor in rural health care," says Ken Ragland, CEO of Pungo District Hospital. "The quality of care has to be the same in Belhaven as at the Mayo Clinic. But they don't get the same level of support here."

Dr. Boyette believes that seeing people in his clinic and around town year after year makes him a better diagnostician. "I can just look at them and know if they're sick or well," he says. Treating fam-

ilies for generations also allows him to mentally catalogue their various illnesses, prescriptions, and other items normally filed in a manila folder. Because of his longevity, Dr. Boyette explains, "I can take care of a lot of problems just by listening and knowing."

"He can listen to any problem you have and give you a realistic analysis, whether it's medical or not," confirms John Jones, a patient.

OPENED HIS OFFICE THE DAY HE WAS DISCHARGED FROM THE MARINE CORPS

He was born 57 years ago in the small town of Chadbourn, N.C., struggled through an impoverished childhood, then earned a degree in history from the University of North Carolina. As an undergraduate, he also completed pre-med coursework, captained the wrestling team, and spent three years on the Tar Heel football squad. Dr. Boyette finished medical school at Chapel Hill and entered the military as a Marine Corps flight surgeon. Through it all, he never lost his interest in rural health care. Indeed, he was mustered out of the military one morning in 1964 at 8 a.m. and opened his office in Belhaven an hour later. He saw 13 patients that first day. "And that's about as low as we've seen since." He now generally treats between 60 and 100 people on a daily basis.

Belhaven lists barely 2,300 residents, and Dr. Boyette's clinic sits just off the main street in a building hobbled together from old single-room sheds and a for-

mer American Legion hall. Just out the back door and across a gravel parking lot is the local hospital—still in operation despite the odds against its survival. The demise of community hospitals disturbs the doctor. "Care is not as good if you don't have a staff locally based and involved in the community," he argues, and he tried stubbornly over the years to expand local services. In the late 1990s, for example, Dr. Boyette applied for \$6 million in grant money for the facility. The funding project allowed for renovation and the support of a surprising array of services: an intensive care unit, an emergency room, maternity care, endoscopy, rehabilitation, a long-term ventilator unit, a blood bank, and specialist consultations. Unfortunately, by 2001 an outside management firm drove Pungo District Hospital \$3.6 million into the red—while cutting health care delivery options.

Setbacks only spur the doctor into greater levels of activity. He recently helped recruit a new management team and hopes to eliminate the debt and rebuilt service offerings in the near future.

"He's worked his ears off," says Marion Joyner, a retired employee of Dr. Boyette. "He does a lot of staying in the office when other doctors wouldn't do it. We wanted Labor Day off one year and he wouldn't hear of it. 'Nope, we labor on labor day.'"

Those who work with the doctor describe him as a demanding, driven and very organized man. He expects his clinic staff to maintain a difficult pace, with little margin for error. To newcomers, he even appears somewhat gruff at first. Even long-time patients acknowledge that the burdens of rural healthcare and small town politics lend the doctor a curmudgeonly demeanor—until you get to know him. "He comes across as a tough person, not caring, but he is very caring," asserts Carole MacKay, editor of the Beaufort-Hyde News. "If he knows of someone doing without, he takes care of it."

Town Manager Tim Johnson says, "I get to see a side of him most people don't. He has to have a façade of being tough. But I see the other side." Johnson tells of the time Dr. Boyette called after learning that a family could not afford to pay their electric bills. "He said, 'Tim, take care of this.'"

continue on page 10

KINDNESS AND CHARITY

In fact, many people see the “other side” of Dr. Boyette. His charitable efforts range from donating lots for Habitat for Humanity projects to things more quiet and personal. “There have been situations where people could not afford to bury their loved ones, and he will step in and help make final arrangements for the family,” Mary Holloway says. When Reverend Patricia Cox first moved to Belhaven, she encountered the doctor and asked how she could best serve the community. “He surprised me by saying ‘You can go see Miss Annie Wilder,’” the pastor recalls. He then explained that “Miss Annie” was a woman in her 80s who lived alone with two dogs in a big house near the church. She suffered from several health problems, but her family—one son in California—rarely contacted her. “She kept pretty much to herself, and he thought she could use a friend,” Rev. Cox says. “I have often seen that attitude of genuine caring and concern exhibited by Dr. Boyette.”

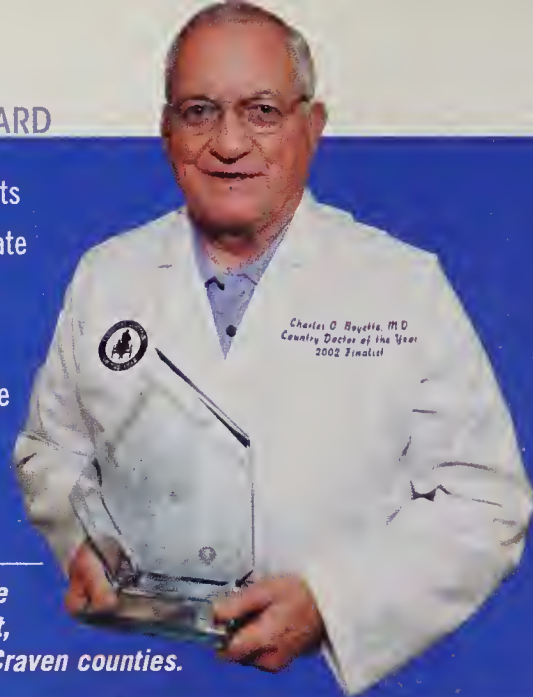
Jay Wilkins began working in the clinic’s bookkeeping department in 1994. “Before long, I was getting phone calls from Dr. Boyette telling me to make a donation to this place and that place, to make sure that this person was checked on and this widow’s yard was mowed and her dogs fed.” One day, the doctor learned that Elizabeth Windley’s pet cat died, leaving the elderly widow without a companion. “Dr. Boyette said to call the local animal hospital”—36 miles away—“and see if there are any kittens up for adoption,” Wilkins recalls. He picked up and delivered a kitten. On another occasion, a woman brought her children in for examinations before school started. The youngsters wore threadbare clothing and wandered around the office barefoot. The doctor quietly asked his staff to call a local shop and tell them to ready several pairs of shoes and outfits—“and send me the bill.” When he discovered that a nearby church suffered from maintenance problems, Dr. Boyette naturally stepped in to help. “He sees that our church is painted, cleaned regularly, and that the grounds are landscaped and mowed,” says Marjorie Ratcliff, a member of Hebron United Methodist Church in Pantego.

The doctor breaks down when any-

THE COUNTRY DOCTOR OF THE YEAR AWARD

The Country Doctor of the Year award is now in its eighth year. It honors rural physicians who demonstrate extraordinary dedication to patients, community and profession. This year, Dr. James Blume of Forest Hill, West Virginia, earned the title of Country Doctor of the Year. Dr. Boyette and three others picked up finalist honors from a field of 248 nominees—and 60,000 rural physicians.

Dr. Boyette is a member of Tideland Electric, the Touchstone Energy cooperative serving Beaufort, Washington, Hyde, Dare, Pamlico and parts of Craven counties.



one mentions these acts of kindness and charity. “The time to help people is when they need help,” he says—almost whispering, as if a louder tone might reach those loitering outside his office and shatter the tough image.

DISASTER RELIEF FOR BELHAVEN

Whether they consider him stern or gentle, local people appreciate his work. “You name it, doc does it,” says George Eborn.

That includes keeping the town alive. Belhaven sits along the Pungo River, a broad body of water jutting inland from the Pamlico Sound, just three feet above sea level. From 1996 to 2000, a series of storms battered the community: Bertha flooded the town in July 1996. Fran swamped Belhaven two months later, and Josephine hit just as Fran receded. Bonnie surged through the town in 1998. Dennis swirled past in two waves, flooding the town twice in September 1999. Before Belhaven could recover, Floyd swept through, also in September 1999.

As a result, many area residents moved inland, either permanently or for lengthy periods. Even worse, businesses shut down and money flowed out of the local economy. “Those businesses were wiped out every year,” Dr. Boyette recalls. “What’s sustained this town is an aggressive approach to fix the problems.”

In other words, Dr. Boyette to the rescue.

He put together a proposal for disaster relief and the Federal Emergency Management Agency rewarded Belhaven with \$15 million to raise more than 360 homes to safety, nine feet above the 100-

year flood plain. The project itself, now nearing completion, created hundreds of jobs and spread desperately needed cash through local restaurants and stores. It also attracted news media and observers from around the world—some to learn and others to gawk at the equipment clattering around the small town.

With the project winding down, the good doctor is already looking ahead for new ways to stimulate the local economy, to keep people healthy, to maintain his clinic and the hospital and the town. He could never conceive of doing less.

“Dr. Boyette is always doing his best to help his fellow man, be it as a caring doctor or a rural community leader,” says Walter Jones, U.S. Representative from the Third District in North Carolina. His praise stresses the leadership aspect—disaster relief, of course, but all of the other awards, as well: North Carolina Physician of the Year, 1978; UNC Outstanding Public Servant of the Year, 1988; UNC School of Medicine Distinguished Service Award, 1996; Community Service Award, 1997. “He strives to improve the quality of life for the people of Eastern North Carolina.”

It’s one thing for outsiders to recognize the work of a dedicated rural physician, and Dr. Boyette appreciates his standing as a finalist for the prestigious Country Doctor of the Year award. He lives, however, for his community and his patients.

Watching another house rise up on jacks and workers scurry around the compressed earth of the old foundation, John Jones just smiles. “I hate to think what this town would be like without him.”



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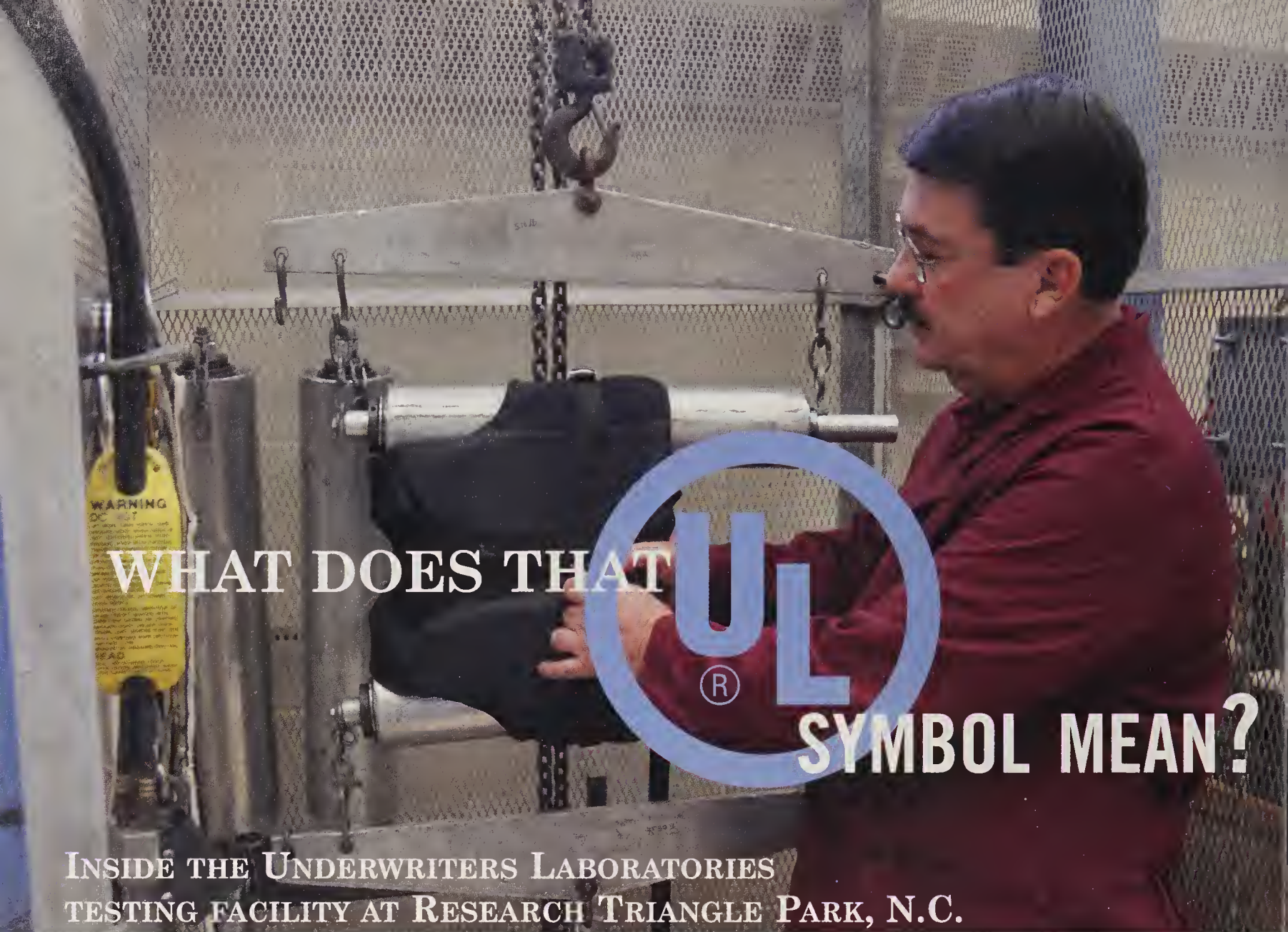
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WHAT DOES THAT

SYMBOL MEAN?

INSIDE THE UNDERWRITERS LABORATORIES TESTING FACILITY AT RESEARCH TRIANGLE PARK, N.C.

By Anna K. Turnage

Fires, earthquakes, heavy rainstorms and hurricane-force winds aren't unusual where Robert Osborne works.

"You never know what you're going to see around here," says Osborne, engineering group leader at Underwriters Laboratories, Inc. (UL) in Research Triangle Park. "I was a relatively young engineer here when we were doing a test in this room and we wound up with fully engulfed flames," he said. "We've had earthquakes here that registered seven on the Richter scale."

The engineers at UL recreate these weather conditions on purpose to test consumer products for safety. The earthquake, for example, is recreated using a large machine in a separate building to test telecommunications equipment to see if it can withstand such a catastrophic event. In several rooms in the labs, there are devices that recreate heavy rains to test a variety of different products to ensure safety. And a huge fan sits outside the buildings to test whether gas station signs can withstand heavy winds.

"We have to think of what happens to a product over its normal life span," says Glenn Gillen, local communications supervisor at the RTP offices. "But we also have to think of what happens under abnormal conditions.

We have to consider what's in the realm of possibility for a safety hazard. It may be very remote, but if there's a product failure, we want it to fail here instead of in your home."

Most appliances in homes today bear the UL symbol, which has been in existence since 1894. The 240,000-square-foot RTP lab is one of five in the United States and one of 11 internationally that tests more than 18,000 products to ensure they are safe for consumers.

The UL is best known for its testing of electrical products, but it also tests things like baby cribs, firefighter uniforms, marine products, hydromassage pools, plastics and many others. The RTP lab is the only one that tests marine equipment and personal protective equipment, such as firemen's boots and helmets. It is also the only lab that has the NEBS environmental testing facility, which contains the earthquake machine and the large fan to create wind.

Whatever they are testing, the goal is universal.

"In general testing we're usually looking for three main things: the risk of shock, the risk of fire and the risk of mechanical failure," Gillen says.

Above: In the Marine Lab, Lab Technician Johnny Shannahan subjects an infant's personal flotation device (PFD) to a zipper tensile strength. The PFD must withstand supporting a 230-pound weight for five minutes without the zipper slipping more than an inch. The test will be repeated with a wet PFD sample.

TOUGH TESTING STANDARDS

The tests are run with great precision, to ensure reliability and integrity, Osborne says.

"An extremely important part of the testing is the consistency that you have to maintain," he says. "We want to be able to create the same test here that we do in our Illinois lab or in Copenhagen. So in order to maintain that consistency you have to calibrate everything to the Nth degree. You should be able to run the same test here and in Illinois and get the same results."

UL has developed over 800 safety standards, about two-thirds of which have been adopted as American national standards. The standards are developed in conjunction with industry groups, consumer advocacy groups and the government to ensure integrity in the testing process, Gillen says.

Since manufacturers fund UL, it must have a check-and-balance system in place to ensure that the tests are completely above board and do not favor one group over the other. The company is also audited annually by federal government groups and must go through an accreditation process based on those audits.

"UL is more or less a facilitator for standards," Osborne says. "We're not off in a corner mandating to the industry that that's what they have to do. When those standards are written, it's pulling in a wide range of input from all of these other groups. It's all about striking a balance. Everybody has their own interest that they're looking out for. We're the non-biased part that tries to come up with some cohesiveness to the standards."

The UL also conducts surprise inspections at manufacturing plants, takes products off of store shelves and tests them to ensure that they continue to be safe for the public.

"The standards are ever-evolving," Osborne says. "The standard that we write for one type of product gets changed all the time as new products come out and new hazards are realized. We steadily go through a process of updating the requirements where we acknowledge that there could be a deficiency or there's new technology that could garner a safer product."

FAILING THE TEST

What happens if UL deems a product unsafe? The UL itself doesn't have the authority to recall a product. The manufacturer or the national Consumer Product Safety Commission is responsible for that.

But UL can recall its safety listing for a product, which is almost the equivalent of shutting down the factory since a lot of distributors and retailers won't sell a product unless it has some kind of safety listing, Gillen says.

"It all depends on when that determination is made," he says. "If it is made during the product development process, those results are then relayed to the manufacturer before it goes on the market."

Sometimes, UL will warn the public about a particular product. Last summer, for example, UL issued a public statement that turkey fryers are unsafe. Tests revealed that oil from the fryers could overflow onto the gas burner and cause catastrophic fires.

"Basically we said we are not going to list this product unless significant changes are made," Gillen said. "In our 190-year history, that is the first time we've issued a statement about an entire product category like that."

FOR EXAMPLE: TESTING FANS

RAIN TEST ON A BOX FAN

UL places the fan in a simulated window in one of its rain testing rooms. Technicians can adjust the conductivity of the water to simulate any type of rain necessary, whether it be coastal rain, industrial rain or another type.

The test creates the worst conditions possible with the fan sucking rain into the motor. Direct electric current is then conducted between the live parts and the accessible dead metal parts to make sure that the voltage can't seep through to the parts that a person can touch.

"What we're looking for here is to make sure the insulation material in the motor maintains its integrity," says Robert Osborne, engineering group leader. "In layman's terms, if that fan is wet and you go over to touch it, you won't get shocked."

This same test is used for holiday lights, outdoor ceiling fans, and other electrical devices intended for outdoor use.

LOCKED ROTOR TEST

Another test UL conducts on ceiling fans occurs in its "unattended burn room." This room is built so that any fire that occurs won't disrupt the rest of the rooms around it.

The room is used to test product motors like those found in ceiling fans. UL technicians hang a fan on the ceiling and lock the rotor so it can't turn. The motor will overheat. Engineers want to make sure the protective devices are working and the fan turns itself off so that it doesn't start a fire.

"So if you accidentally leave your ceiling fan on when you leave your house for work or to go on vacation and something gets jammed in the blades, it won't catch fire," Osborne says. "When they fail it could be fairly catastrophic. They could catch fire. You don't want to be around a motor that doesn't have adequate protection."

In the Electrical Lab, lab technician Pat Jagers tests the remote control for a "tower fan" by subjecting it to an abnormal condition. He's testing faults by subjecting the device to DC voltage rather than AC voltage.



continued on p. 20



In UL's Electrical Lab at the RTP facility, lab technician Leo Slaughter measures the high voltage from a cathode-ray tube (CRT). That's the technical term for the picture tube found in your television set.

The UL is also very vigilant about counterfeit UL labels. The lab works closely with customs officials and retailers to watch for things made overseas that may have a fake UL mark.

"The legitimate marks have a holographic label," Gillen says. "We have a no-tolerance policy. If port officials seize a shipment with counterfeit UL marks, they have the authority to destroy it."

CONSUMER AWARENESS

Looking for the UL mark or some other mark showing a product has been tested for safety is one of the first things consumers should do before buying any product, says John Hall, assistant vice president of fire analysis and research at the National Fire Protection Association.

"Our codes and standards will tell you how to install them, use them and maintain them, but you need a national testing laboratory to tell you that the product is safe," he said. "UL is by far the best known and largest of the national testing laboratories."

Gillen says there are products on the market that have not been tested for safety.

"But if you buy that product, you're taking a chance that it's not safe or will fail," he says. "The UL mark is not a guarantee that a product won't break down or malfunction, but you can be reasonably assured that its safety features meet recognized national and international safety standards."

Of course consumers must also be responsible in using any product to ensure safety beyond lab testing. UL also provides consumer education brochures and programs to show people the proper way to use things like holiday lights and electrical appliances. UL also provides safety tips to help protect families from the risk of fire, electric shock and casualty hazards. That includes information on the use of fire extinguishers, as well as proper placement and maintenance of smoke and carbon monoxide detectors.

"The bottom line for us is safety," Gillen says. "That's what UL is all about."

For more information about Underwriters Laboratories, Inc. and its marks services, quality registrations and product certifications for global markets, visit the Web site at www.ul.com.

Anna Turnage is a freelance writer in Raleigh.

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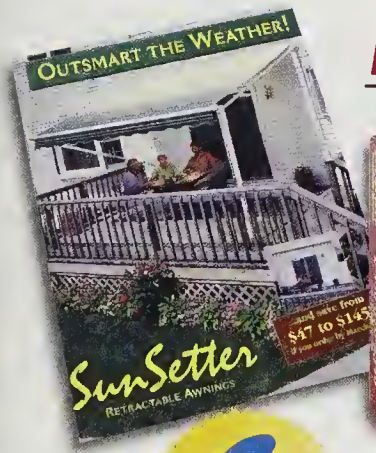
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Carolina Clay

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by Karen House

Clay pots used to be essential items for our ancestors to survive hard winters. Crude crocks and jugs stored up molasses, butter, meats, beans, pickles and “medicinal” beverages such as brandy and wine. Sturdy earthenware baking dishes, colanders and tableware helped cooks prepare hot meals and transport food. Indeed, the production of pots was so critical that the Confederacy reportedly exempted potters from military duty during the Civil War.

The full history of North Carolina pottery boasts a rich heritage grounded in the pre-historic pottery of Native Americans. Catawba and Cherokee Indians molded thick pots here 2,000 or 3,000 years ago. Later, in the 18th century, German, English and Scotch-Irish immigrants showed off their own diverse techniques to North Carolinian potters, who blended them into their own work. Throughout the centuries, styles across the state have included the Moravians’ red earthenware, Piedmont saltglazes, Catawba Valley ash glaze and individually conceived Mountain ware. Family names connected to the craft in the Randolph and Moore county areas include Craven, Chriscoe, Cole, Luck, McNeill, Owen and Teague. Jacques and Juliana Busbee of Raleigh were instrumental in supporting what became known as the Jugtown pottery style of this region in the first half of the 20th century.

At one point there were more than 200 potteries just in central North Carolina’s Seagrove area alone. Making utilitarian pottery declined as refrigeration and mass production methods become commonplace, but the craft lasted longer here than in other states. Northerners, who industrialized more quickly, began using glass and metal containers sooner. Pottery’s strong roots and North Carolinians’ respect for folk art traditions emboldened potters to pass down their skills mano to mano, one generation to the next.

Today, the state’s excellent clay continues to fire potters’ imaginations. No longer a survival tool, pottery is now a modern art form. Admirers finger smooth plates with swirling, decorative glazes, while serious collectors squint at elegant teapots and debate market value.

The North Carolina Pottery Center

In Seagrove, about 10 miles south of Asheboro, the North Carolina Pottery Center preserves and celebrates the state’s ceramics. Permanent exhibits feature more than 200 pieces of pottery, old and new, with artifacts and photographs that reveal the craft’s diversity, economics and changing technology. Changing theme exhibits explore specific historic traditions and display contemporary studio works. The center’s spacious, attractive buildings amid a grove of oak trees also house educational programs. Staffers hand out free Seagrove maps to help newcomers locate the more than 90 potters there.



The North Carolina Pottery Center in Seagrove showcases more than 200 pieces of pottery that trace the craft's evolution.

Visitors leave with a worldly appreciation as well. "There's a section that shows the universality of pottery," says Joanna Ruth Marsland, executive director of the center. "For example, we have ancient Chinese and Turkish pieces. No matter where you are in the world, you're going to find pottery."

The private, not-for-profit institution opened to the public in 1998, 10 years after a group first began raising money. The center's fourth annual auction is scheduled for 10 a.m. to 4 p.m. Saturday, April 26. Entitled "Going, Going, Gone to Pots," the event's live auction will feature more than 60 pots, and a silent auction offers more than 120 pots. Ticket cost is \$35 and includes lunch. Tickets may be purchased in advance or at the door. Margaret Maron, mystery novelist and author of "Uncommon Clay," is mistress of ceremonies. Attendees can meet the potters who created auction items, and proceeds bolster the center's operating budget. "It's an entertaining day with wonderful food and beautiful pots, and helps us with our educational programming," says Marsland.

North Carolina Pottery Center: Open Tuesday through Saturday from 10 a.m. to 4 p.m. Admission is \$3 for adults, \$1 for students (K-12). Call (336) 873-8430 or visit www.ncpotterycenter.com. Seagrove is about 10 miles south of Asheboro.

The Mint Museum, Charlotte

In Charlotte, the Mint Museum lays claim to the state's largest collection of historic pottery. Its Bridges Gallery is newly dedicated to ongoing displays of North Carolina pieces. Currently displayed is "Clear, Bright and Beautiful," which refers to colorful wares made between 1920-1950 for a market economy. New pieces and gallery themes rotate every six months.

The museum is also showing legendary Catawba Valley potter Burlon Craig's pieces, including milk crocks, birdhouses and the monkey jugs that made him famous. Used to hold whiskey during Prohibition, the jugs sported scary faces to keep small children from prying open their contents. Craig is credited for having helped keep traditional pottery alive in the Catawba Valley by mentoring new potters in its methods.



continued on p. 24



Mark Peters' wood-fired teapot (above) will be auctioned at the North Carolina Pottery Center on April 26. During prohibition, jugs similar to this one (below) held whiskey and featured scary faces to keep children away. An apron-clad Seagrove potter (above right) displays a tall, decorative pot.



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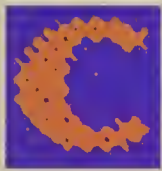
To assure a proper fit, a ring sizer will be sent prior to shipment. **Quick Order # 23294-70-001**
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www.franklinmint.com

AOL Keyword: Franklin Mint

WWW.CAROLINA COUNTRY.COM

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Carolina Country recently launched a new and improved version of its Web site, www.carolinacountry.com.

Completely redesigned and reorganized, the site offers easy access to the information you need, when you need it. In addition to the clean design and simplified navigation, the site features nearly a dozen interactive forms so that you can communicate with Carolina Country staff with a simple click of your mouse.

BRAND NEW FEATURES

In the "NC Electric Co-ops" pages, learn more Carolina Country's sponsors—North Carolina's electric cooperatives.

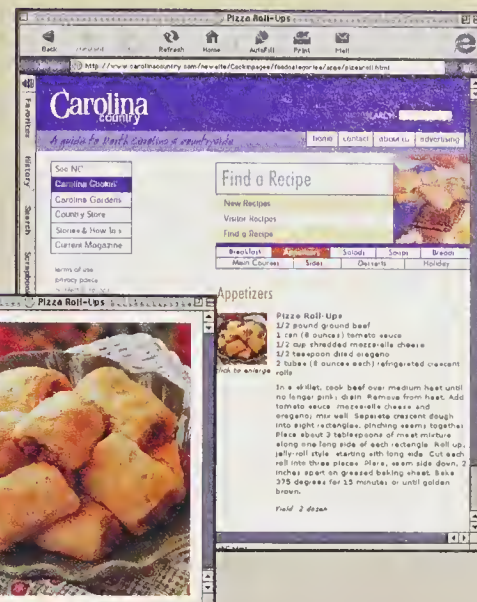
Ever wanted to review a feature story but couldn't find your magazine?

Our new "Current Magazine" section showcases important articles from the latest issue.

GIVE FEEDBACK; ASK QUESTIONS

Need some information on advertising? Want to submit an event for the Compass calendar? Read an article and want to share an opinion? Here are a few more of the ways the new site connects you with us:

- Receive a free magazine
- Subscribe to the magazine or change your subscription address
- Make comments about the new Web site
- Submit a story for publication
- Share a recipe with other visitors or request a recipe



The new expanded recipe section contains photos that enlarge when clicked.

EXPANDED SECTIONS

One of the most popular parts of the magazine, the recipes section, has been expanded online. "Carolina Cookin'" contains even more recipes and photos from past issues—close to 200 recipes and growing all the time! Check here first for recipes from years past.

The advertising pages now contain ad sizes, demographics, directions on sending us files, and a detailed graphic designers guide.

Hank Smith's gardening section, "Carolina Gardens," has an "NC Zones and Temperatures" page to help you decide what and when to plant.

Of course, you'll still find all of your old favorites, including monthly calendar listings, gardening advice, recipes, reader stories and the Carolina Country Store.

Next time you're online, visit www.carolinacountry.com. We'd love to hear from you.

Click the Carolina Country logo to return to the home page

Search function on every page

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TAR HEEL TAGS

A BRIEF HISTORY OF NORTH CAROLINA'S MOTOR VEHICLE LICENSE PLATES

By Robert Stinson

Before 1909, you didn't need an official license plate for your car or motorcycle in North Carolina. Beginning July 1 of that year, every automobile owner had to file a statement with the Secretary of State listing his or her name, address and a brief description of the car being registered. The Secretary of State's office then issued a number and a certificate of registration. Perhaps older drivers will remember the saying, "I have to go buy my new number," meaning the yearly state tag. Car owners then made their own tags using the numbers assigned. Initially a tag was required for the front and for the back of the auto.

A short history published by the North Carolina Division of Motor Vehicles, "North Carolina Division of Motor Vehicles and How It Grew" states that the tags were required to be at least 3 inches high and display white or black Arabic numerals against the opposite white or black background. There were no requirements as to the material used to make the plates. The history adds that 1,681 autos were registered in 1909 at the original fee of \$5. The annual renewal fee was \$1. The yearly registration expired on June 30 of the following year. A man named John A. Park of Raleigh received the very first registration.

Beginning in 1913, the Secretary of State began supplying vehicle plates. The first issue contained white numerals on a black field. Its dimensions were 4 inches wide and 12 inches long. Numbers contrasted with background colors, and colors were to change each year. And for the first time, motorcycles had to be registered at an annual cost of \$2.

My collection begins with the year 1916 and is complete except for the first three years of issuance: 1913, 1914 and 1915. I can locate tags for these three years, but the asking price leaves me breathless.

In 1919, the Secretary of State issued a single license tag per auto. In the future this regulation was to vary, some years two plates, some years one. Vehicle registration for the year ending June 30, 1920, had increased to 125,893—some 75 times more than in 1909.

The minimum registration fee for a car was raised to \$12.50 in 1920 and to \$40 for a car of greater than 35 horsepower. Motorcycle owners now paid \$5. Truck owners paid different amounts.

The year 1921 saw two beginnings. One was a penny-per-gallon gasoline tax for on-road vehicles. The second was the beginning of what was to become the Department of Motor Vehicles Enforcement Section.

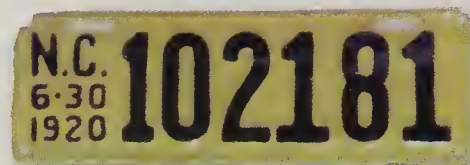
In 1923 the Certificate of Title Law was enacted, ensuring that the applicant was the lawful owner of the vehicle being licensed.

On July 1, 1927, the licensed year was changed to begin on January 1. This was done to allow farmers to buy their license tags during the time when they were marketing their crops.

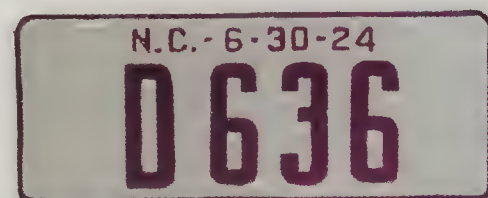
In 1929, the beginning of the Great Depression, the state made several changes in the laws governing motor vehicles. The General Assembly created a new State



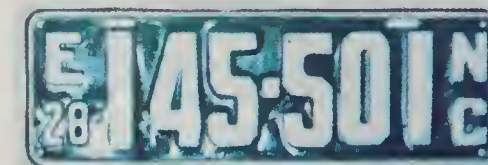
1919



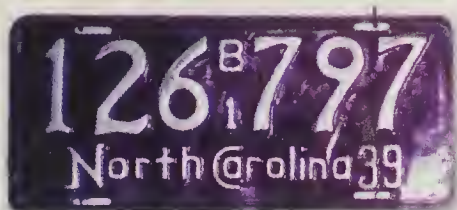
1920



1924



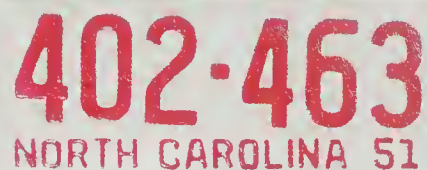
1928



1939



1943



1951



1956

Highway Division, a patrol made up of nine districts, with one captain, nine lieutenants and 27 troopers. In the same year the Prison Department, not commercial manufacturers, began making the license plates. Vehicle registrations had now reached 503,590, a 300-fold increase since 1909.

In 1931, the General Assembly mandated the first liability insurance law to cover future accidents. In addition, license fees were now to be based on a vehicle's gross weight, not horsepower. The next year, 1932, saw a dramatic drop in the number of vehicle licenses, down to 397,435.

In 1935, for the first time, all drivers had to have an operator's license. The state did not require an examination. A driver's license was issued to anyone 16 years old or older who could show "satisfactory proof that he had been operating the motor vehicle for a minimum of one year prior to its effective date."

By the end of the Depression in 1940, vehicle registrations rose to 669,259, and a new Department of Motor Vehicles Division was clearly needed. All licensing of vehicles and drivers became the responsibility of this new agency. The State Highway Patrol also became part of this new division.

Due to a dire metal shortage in 1943 caused by World War II, a small black metal tab, measuring 1½ by 3 inches, with orange lettering was issued in lieu of a new tag. It was to be attached to the lower right-hand side of the 1942 tag. In 1944, the division resumed issuing new plates.

By 1947, the rapid increase of vehicle registration prompted the General Assembly to require a motor vehicle inspection system. A public outcry, however, led to the repeal of the inspection requirement in 1949. By then, drivers were to be re-examined for their operator's license every four years. By 1950, there was a total of 1,171,228 registered vehicles in North Carolina.

In 1957, the year compulsory insurance was required, license tag fees were increased by \$1 to fund driver training in all public high schools. Two years later, the Drivers License Point System became law in an effort to monitor the habitual violator. By 1960, vehicle registration had grown to 1,907,988.

Since 1967, tags have had a reflective background.

Color schemes were something many auto owners looked forward to year after year. For a while, the scheme changed from dark green on white, to blue on white to red on white.

Red numbers and letters on a white field prevailed from 1974 to 1991.

In 1976, after 62 years (from 1913-1975), the DMV discontinued issuing yearly tags. Instead, we apply for validation stickers to place on existing plates each year. We no longer see the procession of Tar Heel tags with color changes each year.

The state began issuing plates on a staggered monthly sequence in 1981.

In 1956, the state began a numbering system of AB-1234, which remained through 1972, when the ABC-123 series began. In 1985, the state introduced an ABC-1234 format.

The 1969 plates were the first to carry a split date on the top edge, with the "19" and "69" in different corners.

A slogan introduced late in 1974 – "First in Freedom" referred to the North Carolina colonial government's issuing the "first official act of independence" with the Halifax Resolves of April 12, 1776 in Halifax County. The slogan drew criticism from other states and was eventually dropped in 1978 plates – even though the base plate remained in circulation with yearly validation stickers through 1991. The 1978 plates reverted to the plain red-on-white-field design, which remained until 1984.

Today's red-white-and-blue "First in Flight" slogan and graphics were introduced in the 1982 tags. The graphic commemorates the Wright Brothers' successful flight experiment at Kitty Hawk on the Outer Banks in 1903. This design won the Automobile License Plate Collectors Association "Plate of the Year" award in 1982. The plate was made with both reflective and non-reflective finishes. License plate collector David Nicholson of Saco, Maine, on his Web site www.15Q.net, mentions that in 1993, the state changed contractors for making these plates, and the images did not bear up as well as previously. As a result, plates after 1993 showed signs of wear soon after they were mounted until 2001, when the state dropped the contractor.

For information about the Automobile License Plate Collectors Association, contact ALPCA, Inc. at 7365 Main St. #214, Stratford, CT 06614-1300. On the Web at www.alpca.org.

Robert R. Stinson is emeritus professor in the Department of Romance Languages at the University of North Carolina at Greensboro.

Bears with personality

In 1984, Connie Lineberry made two bears from an old family coat to please her two young daughters. Dressing the bears in newborn clothes, she imbued them with sentimental appeal. Today, the Siler City resident makes her Original



"Keepsake Teddy bears"© for people of all ages across the U.S. Lineberry has made more than 15,000 bears, ranging from wedding bears to graduation bears. Material that she has used include

children's baby blankets, baby diapers, mink furs, a ballcap, grandmothers' quilts, cotton aprons, neckties, graduation robes, bib overalls, cheerleading outfits, boy scout uniforms and even World War II army uniforms (she pins ribbons and medals back on the bears). Lineberry's bears cost \$20 and up, depending on fabric and size. Call (919) 742-5446.

Jazz/classical CDs

Two recently released CDs by Charlotte musician Claire Ritter present new arrangements. "Castles in the Air" showcases



Ritter's unusual weaving of jazz, classical and faux-samba rhythmic styles, and includes titles such as "Opus 17" (a nod to North Carolina,) and "Song in a Canyon" (about Utah's Bryce Canyon). A companion CD, "River of Joy," features interpretations on

the piano. Her newly composed material includes "Maybe When It Rains" and "Carolina Canto." Ritter, who studied at Duke University, won the NC Jazz Composer's Fellowship in

1999-2000. The CDs, released by Zoning Records, are \$13 each. Visit <http://www.claireritter.com/recordings.html> or call (704) 372-5008.

"First Flight" quarter

A North Carolina quarter in circulation features a rendition of the famous 1903 photograph of the "First Flight" in Kitty Hawk, and was minted to commemorate the Wright Brothers' historic feat in 1903. Like the Statue of Liberty and Massachusetts Minuteman, the "Flyer" has become a premier symbol to be featured on coinage, said U.S. Mint Director Jay Johnson. The collectible, released to the public and Federal Reserve in 2001, can be obtained by purchasing the limited edition of the 2001 North Carolina Official First Day coin cover. The U.S. Mint offering includes two of the Flyer quarters and costs \$19.95. Other 50 State Quarters products include pristine proof sets, educational maps and unique jewelry. Visit www.usmint.gov or call 1-800-USA MINT.

Squirrely shop in Brevard

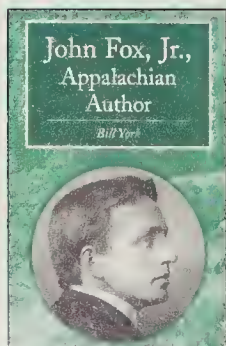
Brevard is known for its white squirrels, and the White Squirrel Shoppe sells items bearing the furry creature, including napkin holders, magnets, candles, sun-catchers, coffee mugs, pens, night lights and notepads. The store, in downtown Brevard, also sells potpourri, bath and body products, room fragrances and specialty items. Colorful "bee" children's umbrella is \$12.95. Gift wrapping is free with store and Web site orders. Visit <http://www.whitesquirrelshoppe.com/> or call (888) 729-7329.



ON THE BOOKSHELF

"John Fox Jr. Appalachian Author"

John Fox Jr. was one of the first writers to use the mountains of southwestern Virginia and eastern Kentucky as a backdrop for his stories about a culture that faced extinction. A Harvard graduate and one-time coalmine worker, Fox's novels include the best-selling "Little Shepherd of Kingdome Come" and "The Trail of the Lonesome Pine." Author Bill York's new biography about Fox draws from personal and family correspondence and spans Fox's birth in Kentucky in 1862 to his death from pneumonia in Big Stone Gap, Va. Softcover, 328 pages. \$30. Includes photographs, chronology, and bibliography. Published by McFarland & Company, Inc. in Jefferson. Visit www.mcfarlandpub.com or call (800) 253-2187.



"Celebrating the Underdog"

Long-time Winston-Salem Journal columnist Tom Sieg puts forth his essays about life posthumously in "Celebrating the Underdog: Stories of Humor and Humanity in Everyday Life." Stories include the beauty of Linville Falls, love found in the classifieds, and the makeshift kitchen of a homeless man. The late journalist also humorously shares how to make money off of kudzu. Softcover, 246 pages. \$12.95. Color and black and white photographs. 94 essays. Published by Carolina Avenue Press in Boonville. Available at bookstores or call (336) 244-4440.



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"Receiving my EarMate-65 was the best gift I could have received. It was amazing at all the sounds that I heard with my EarMate-65. I didn't think I would ever be able to afford a hearing aid, but Hearing Help Express made it possible. Thank you so much."

B.M. - Keokee, VA

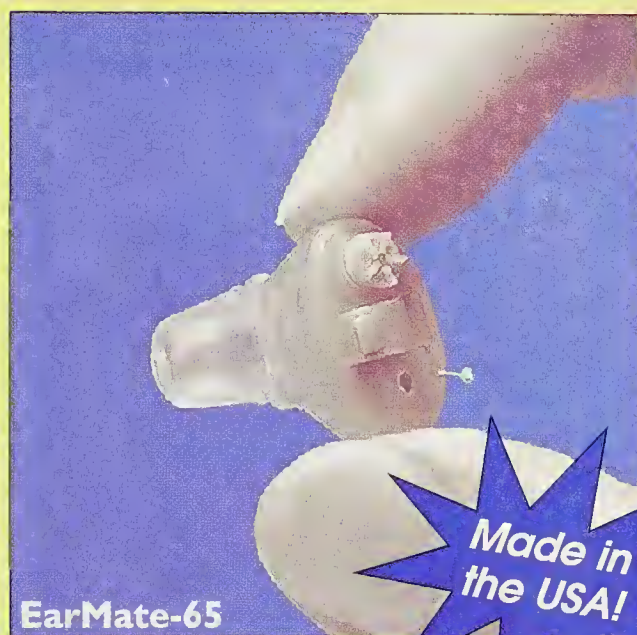
"My husband is wearing the hearing aid and it has been a great help for his family as well as for him. His previous aid had been very expensive and we feel this current one is comparable. We like the batteries too!"

M.J. Stefanik - Wilmette, IL

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March *EVENTS*



Edward Hopper's early paintings can be viewed at the Mint Museum in Charlotte through June 1, 2003. With 45 paintings and 10 works on paper, the exhibition provides an introspective look at this very private figurative painter. Call (704) 337-2009 or visit www.mintmuseum.org

MOUNTAINS

(west of I-77)

Bluegrass Music Barn
Tuesdays. Midway.
(910) 948-4897.

Old Fort Mountain Music
Friday Evenings. Marion.
(828) 652-3330.

www.dowellinc.org

Folk School Concerts
First Fridays. Murphy.
(800) 365-5724.

JR's Rodio
Through March 2. Asheville.
(828) 687-1414.

"Women of Appalachia"
Through April 6. Asheville.
(828) 253-9231.

Symphony Concert
March 1. Hendersonville.
(828) 697-5884.

Honor Elders Day
March 1. Cherokee.
(800) 438-1601.

Spring Blast
March 2. Maggie Valley.
(800) 768-0285.
www.cataloochee.com

"Visiting Mr. Green"
March 1-3; 8-10. Flat Rock.
(828) 698-8288.

"Romeo and Juliet"
March 5-7. Asheville.
(828) 664-0021.
www.highlandrep.org

"Betrayal"
March 5-14. Asheville.
(828) 254-1320.

Grenadier Guards
March 7. Asheville.
(828) 259-5544.

Gem & Mineral Show
March 14-16.
Hickory. (828) 324-8600. www.hickorymetro.com

Craft Show
March 15.
Hendersonville.
(828) 891-5153.

"The Isaacs"
March 15. Lenoir.
(828) 758-2278.

Floral Arranging Workshop
March 15. Belmont.
(704) 825-4490.
www.dsbgo.org

"Smokey Joe's Café"
March 20-22. Boone.
(800) 841-2787.

Catawba Valley Pottery Festival
March 21-22.
Hickory. (828) 324-8600. www.hickorymetro.com

Auto Fair & Swap Meet
March 21-23. Fletcher.
(828) 275-6135.

Walking Wetlands talk
March 22. Nebo.
(828) 652-5047.
www.ncsparks.net

Symphony Orchestra
March 23. Hendersonville.
(828) 697-5884.

Klezmer Madness
March 25. Asheville.
(828) 232-5000.

Gem & Mineral Show
March 28-30. Morganton.
(828) 438-5350.

Crafts Celebration
March 28-April 2. Hickory.
(828) 324-8600.
www.hickorymetro.com

Splash Festival
March 29. Bryson City.
(800) 232-7238. www.noc.com

Swing Band
March 29-30. Asheville.
(828) 254-0267.

Schiele Museum
Ongoing. Gastonia.
(704) 866-6909.
www.schielemuseum.org

PIEDMONT

(between I-77 and I-95)

"Godspell"
Through March 2. High Point.
(336) 882-2542.

Winston-Salem Artists
Through March 2. Fayetteville.
Free. (910) 485-5121.

"Greater Tuna"
Through March 2. Charlotte.
(704) 372-1000.
www.performingarts.org

"August Snow"
Through March 16. Greensboro.
(336) 272-0160.
www.triadstage.org

"Sing Hallelujah"
Through March 23. Greensboro.
(800) 668-1764.
www.barndinner.com

Quilt Show
Through March 26. Lexington.
(336) 249-2742.
www.co.davidson.nc.us/arts

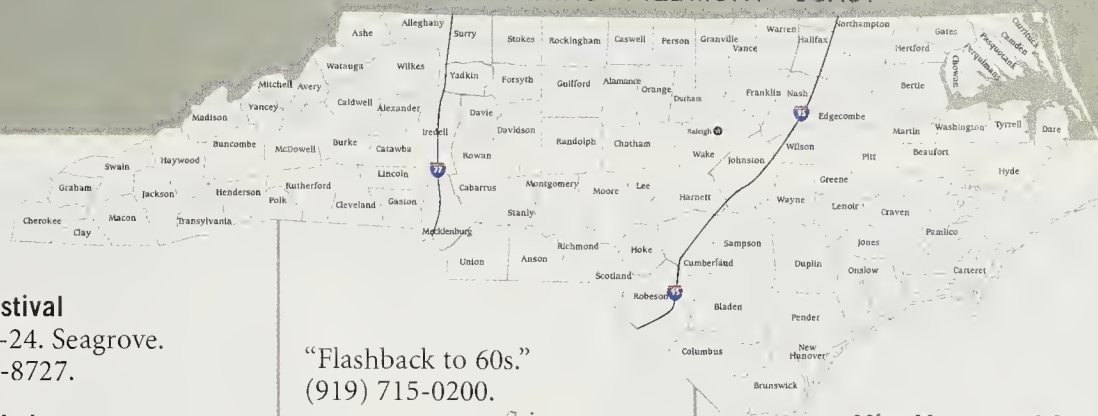
African Artifacts
Through April 20. Fayetteville.
Free. (910) 485-5121.

Perception Exhibit
Through April 20. Greensboro.
(336) 373-7474.
www.weatherspoon.uncg.edu

Garden Day
March 1. Fayetteville.
Free. (910) 486-0221.

Carolina Jazz
March 1. Chapel Hill.
(919) 962-1449.

MOUNTAINS PIEDMONT COAST



Devils Ridge Motocross

March 2. Sanford.

(919) 776-1767.

www.devilsridgemotocross.com

“Snow White”

March 2. Southern Pines.

(910) 692-4356.

“English Landscape Gardens”

March 5-6. Southern Pines.

(910) 692-4356.

“Wings” Film

March 7. Raleigh.

(919) 715-5923.

Special Olympics

March 8. Roxboro.

(919) 732-6077.

Craftsmens Festival

March 8-9. Fayetteville.

(910) 323-5088

Classical Concert

March 9. Southern Pines.

(910) 215-9612.

Kay DeKalb Smith

March 14-15. Lexington.

(336) 367-2876.

Irish Festival

March 15-20. Winston-Salem.

(336) 758-5448.

www.wfu.edu/wfupress/festival

Building Expo

March 20-22. Charlotte.

(800) 662-7129.

Pottery Festival

March 22-24. Seagrove.

(336) 873-8727.

Art Garfunkel

March 27. Fayetteville.

(910) 323-5088.

www.visitfayettevillenc.com

Renaissance Faire

March 29-30. Raleigh.

(866) 866-9938.

www.ncrenfaire.com

Pop Concert

March 30. Chapel Hill.

(919) 962-1039.

Korean War Exhibit

Through July 2003. Oxford.

(919) 693-9706.

Wingate University

Ongoing. Wingate.

March 13, Preservation Hall

Jazz Band | March 27, Zephyros

Wind Quintet | (800) 755-5550.

www.wingate.edu

The ArtsCenter

Ongoing. Carrboro.

March 5, Shakespeare Festival |

March 7, “SuperFun for Kids” |

March 13, Chinese Folk Dance |

March 14-15, Red Clay

Ramblers | (919) 929-2787.

www.artscenterlive.org

The Stevens Center

Ongoing. Winston-

Salem. March 1, Janis

Ian | March 8,

Rhonda Vincent &

The Rage | March 11,

Habana Sax | March

13, Ferdinand the

Bull | (336) 723-

6320. [www.ncarts.](http://www.ncarts.edu/stevens_center)

[edu/stevens_center](http://www.ncarts.edu/stevens_center)

Discovery Place

Ongoing. Charlotte.

Heart Exhibit. (704)

372-6261.

N.C. Museum

of History

Ongoing. Raleigh.

Through Sept.,

“Flashback to 60s.”

(919) 715-0200.

www.ncmuseumofhistory.org

Museum of Natural Sciences

Ongoing. Raleigh.

“Powers of Nature.” (919) 733-

7450. www.naturalsciences.org

N.C. Museum of Art

Ongoing. Raleigh.

Feb. 23-May 11, Sculptor

Exhibit. (919) 839-6262.

www.ncartmuseum.org

Museum of Life and Science.

Ongoing. Durham.

Through March, photography

exhibit | Through May 4, race-

car exhibit | (919) 220-5429.

www.ncmls.org

Chapel Hill Museum

Ongoing. Chapel Hill.

Through March 15,

Romare Bearden |

Through May,

“Artisans trade

Secrets” | (919) 967-

1400. [www.chapelhill](http://www.chapelhillmuseum.org)

[museum.org](http://www.chapelhillmuseum.org)

Ackland Art Museum

Ongoing. Chapel Hill.

Through March 23,

Greek & Roman art |

Through May 25,

19th Century French

art | (919) 966-5736.

Charlotte Museum

of History

Ongoing. Charlotte.

March 1-2, Civil War

encampment | March

22, Women & War

Effort | Through Sept.

2003, “Soldiers’

Stories in First

Person” | (704) 568-

1774. www.charlotte

[museum.org](http://www.charlotte)

Airborne Museum

Ongoing. Fayetteville.

Exhibit on Fort Bragg.

(910) 483-5311.

www.asomf.org

Mint Museum of Art

Ongoing. Charlotte.

Feb. 22-June 1, Edward Hopper.

(704) 337-2009. www.mint

[museum.org](http://www.mint)

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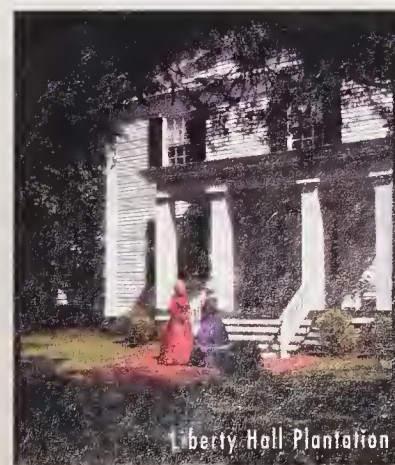
Sundays. Near White Oak. Free.

(910) 648-4340. www.bladen

[county.com/harmonyhall.htm](http://www.bladen)

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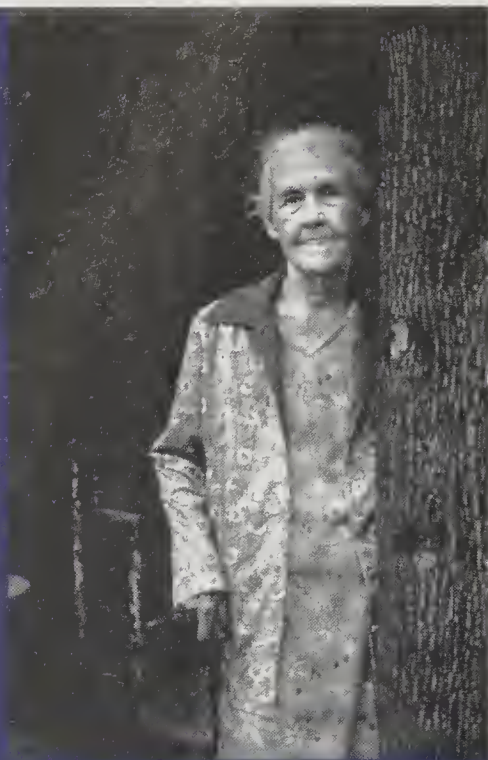
(800) 755-1755 or (910) 296-2180

duplintourism@duplinnet.com

www.duplincounty.org/tourism.htm

The Celtic band Whirligig will perform at the Wake Forest Irish Festival. The six-day festival in Winston-Salem features Irish cultural events, including music and dance, poetry readings, traditional storytelling, Irish food and crafts. The festival is March 15-20. Call (336) 758-5448.

MARCH EVENTS



Documentary photographer Barbara Beirne traversed the towns and valleys of the Appalachian mountains to chronicle the lives of everyday women. Her portraits, along with interview excerpts, are displayed at the exhibit, "Serving Home and Community: Women of Southern Appalachia." The Smithsonian exhibit runs through April 6 at the Smith-McDowell House Museum in Asheville. Call (828) 253-9231. Etta Baker, Morganton, North Carolina, 1998, by Barbara T. Beirne.

RV & Camping Show
Through March 2. Greenville.
(252) 321-4287.

Spring Art Show
Through March 29. Southport.
(910) 457-5450.

Bald Head Veterans Art
Through April 4. Wilmington.
(910) 341-5797.
www.baldhead.com

Neuse River Photos
Through April 6. Beaufort.
(252) 728-7317.

Youth Art Show
March 2. Edenton.
(800) 775-0111.

Quilt Extravaganza.
March 2-31. Manteo.
(252) 475-1506.
www.roanokeisland.com

"Honky-Tonk Highway"
March 6-8. Elizabeth City.
(252) 338-3382.

Coastal Home Show
March 7-9. Morehead City.
(888) 899-6088.

Boat Show
March 7-9. Greenville.
(910) 484-3443.

Barrel Bonanza & Derby
March 7-9. Williamston.
(252) 442-8989.

Guitarist David Burgess
March 8. Morehead City.
(252) 504-3787.

Habana Sax
March 9. Kitty Hawk.
(252) 202-9732.
www.outerbanksforum.org

Music Series
March 11. Edenton.
(252) 482-8005.

Arabian Horse Show
March 14-16.
Williamston.
(804) 828-5003.

St. Patrick's Festival
March 15. Emerald Isle.
(252) 354-6350.

Pet Parade
March 15. Morehead City. (252) 808-2398. www.downtownmoreheadcity.com

"American Homes"
March 16-18. New Bern.
(800) 767-9111.

18th-Century Irish Music
March 18. New Bern.
(252) 514-4900.

Film Festival
March 19-23. Wilmington.
(910) 343-5995.
www.cucalorus.org

Black & White Art
March 21. Edenton.
(252) 482-8005.

Jazz by Candlelight
March 22. Elizabeth City.
(252) 331-2925.

Pamlico County Business Fair
March 22. Grantsboro.
(252) 745-7348.

Fire Ant Festival
March 23. Whiteville.
(800) 845-8419.

Herb & Garden Fair
March 23. Wilmington.
(910) 686-9518.
www.poplargrove.com

Floor Coverings Exhibit
March 27-May 1. New Bern.
(252) 514-4900.

"Dogs" Musical Theatre
March 28-30. New Bern.
(252) 633-0567.
www.newberncivictheatre.org

Lighthouse Run/Walk
March 29. Oak Island.
(910) 457-6964.

Annual Flea Market
March 29. Kitty Hawk.
(252) 480-0500.
www.outerbanks.net/dvac

"Old Fashion Planters Day"
March 29-30. White Oak.
(910) 866-5916.

Home & Garden Show
March 29-30. New Bern.
(252) 638-8101.

Hope Plantation Lectures
Through March. Windsor.
(252) 794-3140.

Core Sound Waterfowl Museum
Ongoing. Harkers Island.
Free. (252) 728-1500.
www.coresound.com

Cameron Art Museum
Ongoing. Wilmington.
Through March 9, Photography Masters | Through March 30, "18th-Century European Art" |
(910) 395-5999.
www.cameronartmuseum.com



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Getting Rid of Spam

Imagine every time you pick up the phone when it rings to have to listen to a half dozen ads before you talk. This is becoming the situation with e-mail today.

Spam – unsolicited commercial e-mail messages – bombard us everyday, sapping both patience and productivity. Most of us spend at least 10 minutes each day dealing with spam at work and home, according to a recent survey commissioned by software utility maker Symantec. What bothers us the most is the thought of our children receiving pornographic e-mail.

Meanwhile, the volume of spam continues to rise, as hucksters pitch porn sites, pyramid schemes, quack health remedies, online casinos, mortgage refinancing and so on.

With the federal government largely on the sidelines, and with Internet service providers typically offering at best only partial solutions, many computer users are taking matters into their own hands. They're using technology to tackle the problem.

Just as you need anti-virus software to keep from losing data and a firewall to keep your data private if you have high-speed "always on" Internet access, many people feel that you now need spam-filtering software as well.

These programs do what you can do manually with many e-mail programs – filter out messages that include subject lines such as "Make Money Fast." But specialized spam-blocking programs also analyze incoming e-mail using sophisticated rules that look for many other tell-tale signs that a message is spam.

One important caveat with all spam-filtering software is that none are perfect. All let some spam through, and – most important – flag as spam a small percentage of legitimate e-mails.

Fortunately these programs typically let you view the "From" addresses and subject lines of messages it flags. During the first couple of weeks at least in working with a program, you should do this, then instruct it to stop blocking e-mail from people you know are not spammers.

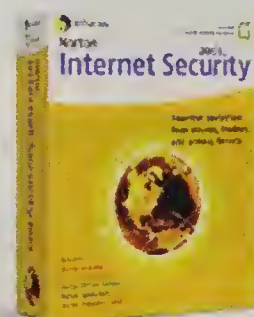
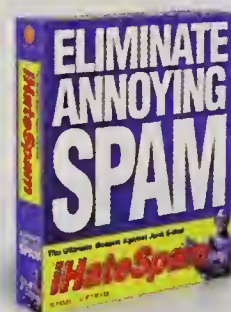
Spam-filtering programs used to be a cottage industry, with entrepreneurs offering solutions. These programs are still around and can be effective. But, smelling money, the big boys have entered the spam-fighting game, including utility giants Symantec Corp. and McAfee Security, a division of Network Associates Inc.

Symantec's newly released Norton Internet Security 2003 (www.symantec.com), a suite of online security and privacy utility programs that costs \$69.95, now includes the spam-filtering program Norton Spam Alert. Testing indicates it does a decent if not perfect job.

McAfee Security's SpamKiller (www.mcafee.com) has been around a bit longer – the company acquired the program last April. It's slicker than Norton Spam Alert, letting you, for instance, automatically send complaints to the sender's Internet service provider. It costs \$39.95.

Both Norton Spam Alert and McAfee Security's SpamKiller work with different e-mail programs. Other spam-filtering programs from smaller vendors work with just one e-mail client and require less tweaking to get started.

The appropriately named iHateSpam, from Sunbelt Software (www.sunbelt-software.com), works with Microsoft Outlook and Microsoft Outlook



Express. The version for Microsoft Outlook does a better job of filtering out spam. It costs \$19.95, with a 30-day free trial.

Spamnix, from Spamnix Software (www.spamnix.com), works only with Qualcomm's Eudora, and it works well. Among other things, it looks for forged "From" addresses, subject lines with lots of exclamation points, and salacious words in the body of the message. It costs \$29.95, and you can try it out for 30 days for free.

Some spam haters have made the argument that it's unfair for people to have to pay to stop the intrusion of these unwanted messages. They prefer other solutions.

Many Internet service providers use "blacklists" to stop the transmission to their users of e-mail from servers that are known sources of spam, but this can prevent a good deal of legitimate e-mail from being received as well.

Lawsuits help, but only partially. America Online has a good record of forcing spammers into mega-buck settlements for violating its terms of service, but other spammers just come along and take their place.

Legislation to prohibit spammers from misrepresenting their identity or force them to label their messages as ads would help as well, but again only partially. If enacted nationally, some spammers would move offshore away from such restrictions.

The best idea I've heard would be a controversial one: You get charged one cent for each e-mail sent, a charge that would be credited to you if your recipient responds. New Internet protocols and an infrastructure to administer the system would need to be developed, but if successful, spammers would go broke.

Reid Goldsborough is a syndicated columnist and author of the book Straight Talk About the Information Superhighway. He can be reached at reidgold@netaxs.com or www.netaxs.com/~reidgold/column.



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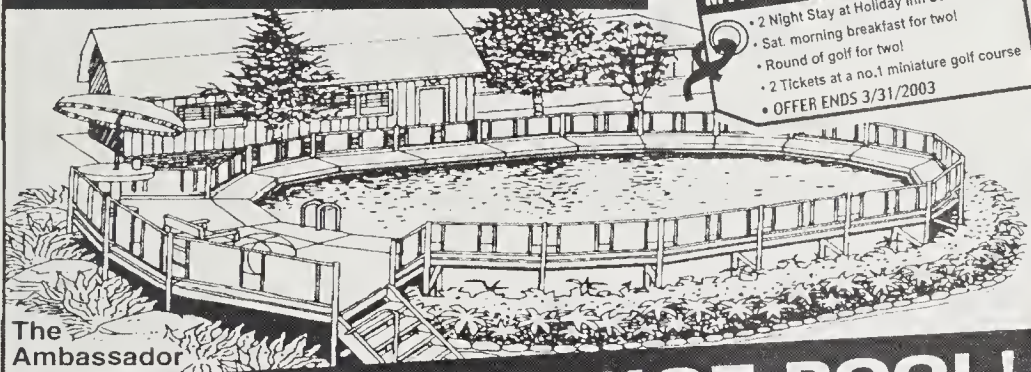
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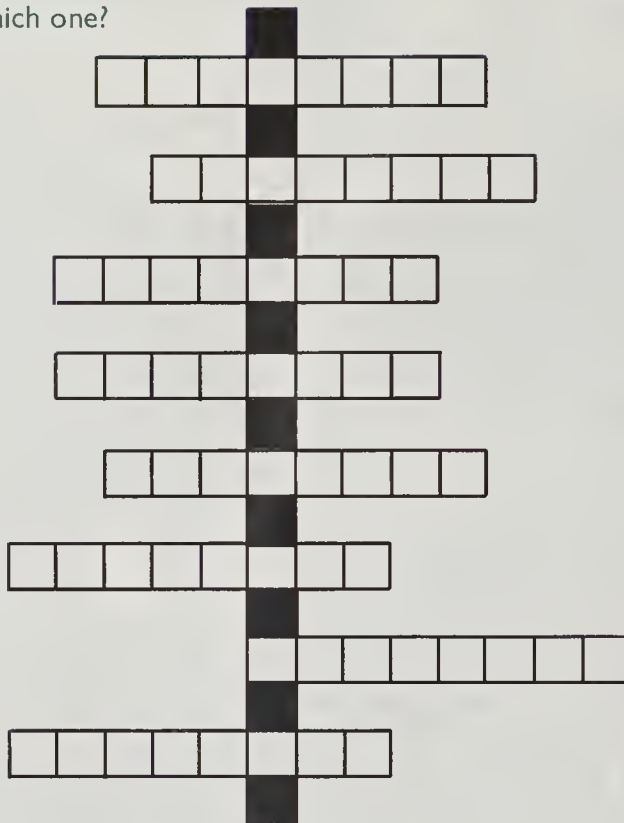
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to bottom – but which one?

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CAROLINA
DELAWARE
NEBRASKA
ILLINOIS
MARYLAND
MICHIGAN
MISSOURI
OKLAHOMA



Digit Detection

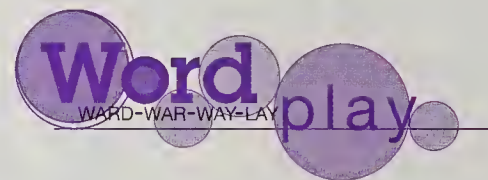
Can you find the PHONE number?

$$(PH)^2 = ONE \quad P+P=H \quad P+H=E$$

The digits, H, O, E, and N are
sequential in ascending order.

Given these simultaneous equa-
tions, can you find the value of
PHONE? Each letter stands for a
digit. Use the grid to eliminate
impossibilities. For example, no
square ends in 2, 3, 7, or 8.
Therefore E is not 2, 3, 7, or 8.

	P	H	O	N	E
9					
8					x
7					x
6					
5					
4					
3					x
2					x
1					
0					



To go from TOWN to COUNTY, you may
drop a letter, change a letter, or add a letter,
but you can make only one such change at
each step on this laddergram.

DEFINITIONS

Smaller than a city	T O W N
2000 pounds	_____
Put on	_____
Refrain from	_____
Baptismal vessel	_____
Source	_____
Enumerate	_____
territorial division	C O U N T Y

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e m l c u d d a c n u r r u r c

s a c s b m l

Use the capital letters below to fill in the blanks above.

A B C E G H I K N L T means
u n s c r a m b l e d

Answers on page 42



Police find car tied to suspects in uptown killing
Abandoned LeBaron found in Charlotte; no sign of 3 men
- The Charlotte Observer
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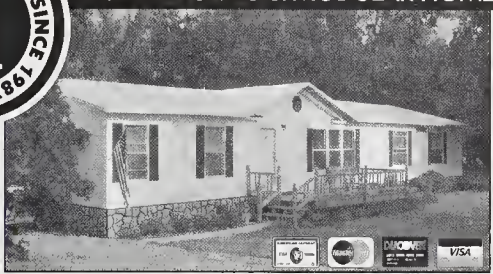
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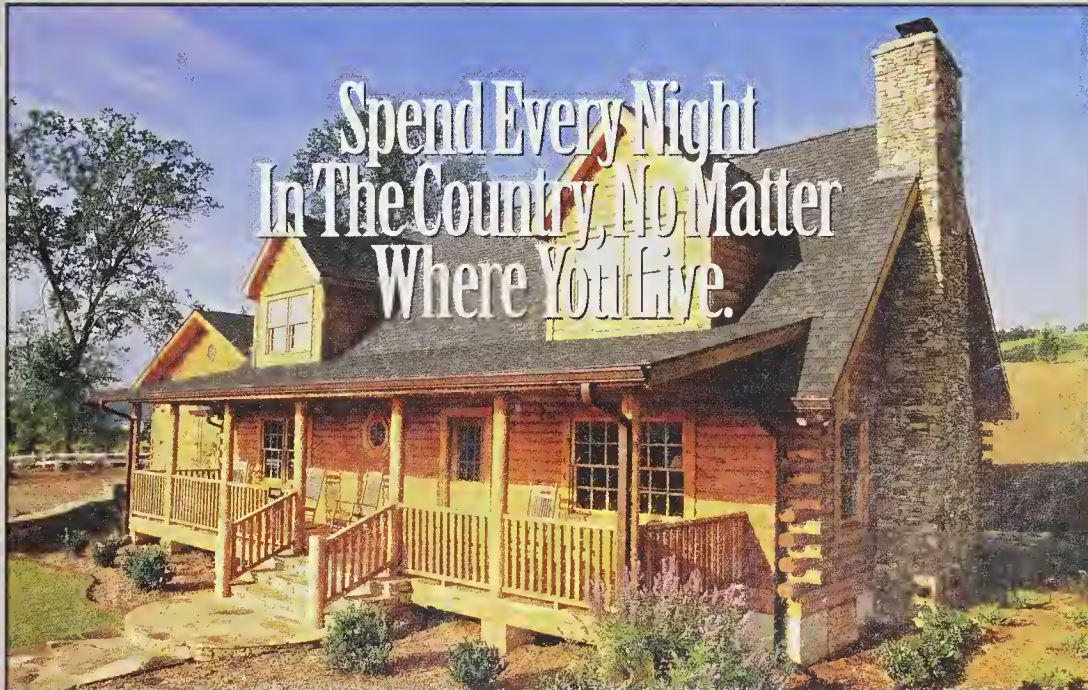
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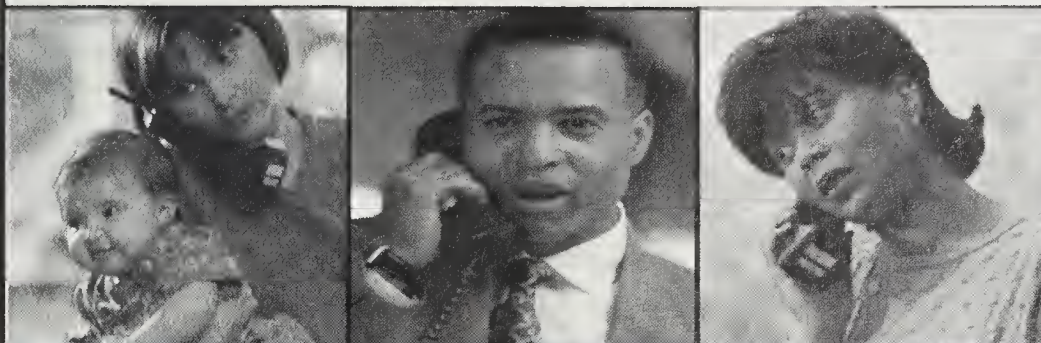
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How does your garden grow?

Your ideas for good gardens

There's something about gardening that speaks to so many of us living in the North Carolina countryside. It's more than the promise of succulent dishes of butter beans, collards, peas, tomatoes and cucumbers crowding the summer dinner table.

As you've said in your letters, a vibrant, productive garden (whether you're tending flowers or vegetables) requires hard work, planning and perseverance in the face of disaster, or worse, drought. Gardeners are innovators, inventors and creative problem solvers. Spirituality has an important place in the garden, too. Your faith is renewed when you watch seeds combined with soil, sunlight and rain produce beautiful flowers and vegetables.

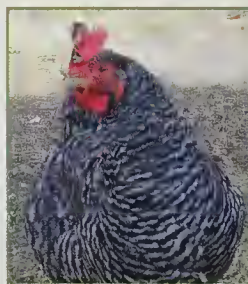
We enjoyed all your letters and photos and wish we could publish more of your thoughtful gardening tips. (See page 47 for information about this series.)

If there is one thing that you can take away from this month's feature, let it be the inspiration to plant something this spring and tend it well.

You said it best: Gardening feeds the body and soul.

Kim Whorton Tripp
Contributing Editor

Get a couple of chickens



Sarah the chicken

To those uninitiated into the joys of laying hens, those words may not appear to have anything to do with gardening. But having heard this same tip a few years ago, my family got some day-old chicks. A small coop, easily built by a carpentry-impaired couple, and a little laying mash later, our flock of five was earning their keep.

After a few weeks confined to their coop and run, we let them out daily to forage in the garden, because the old saying is true: a chicken returns to the roost.

Proof? Since moving to North Carolina, my husband and I had been unable to grow any squash in our large garden because of squash borers. As soon as the chickens were there scratching up larvae in the fall and early spring, we had a bountiful harvest that filled our bellies, freezer and neighbors' welcome arms.

The organic free-range brown eggs,

which would fetch \$2-plus at a grocery, are an added bonus, second only to the fun we have watching the birds.

Try it and you will join me in crowing about how good the "ladies" are at simultaneously keeping the garden free from insect pests, scratching out weeds between rows, and fertilizing on the run.

Angela King
Walnut Cove
EnergyUnited

Use dishwater

This past summer when we were not getting rain and communities were announcing water restrictions, I decided not to use the hose (or buckets with plant food) for watering.

We home-school three teenage boys. I wash dishes three times a day every day. I started using two dishpans, one for washing

and one for catching the rinse water. I put them both into a 5-gallon bucket, which the boys took outside to water the various gardens. Only dishwater. I didn't add anything.

We have a tomato and mint garden. We have a garden of chamomile, a fire bush and marigolds, and another with different bulbs. There are a variety of other garden areas with "tommy toes," very young trees, lilacs, forsythia, mums and more. All my plants flourished.

The trees grew more last summer than ever (except one which was overlooked – poor thing didn't seem to grow at all).

Guess how I'll be watering my plants from now on?

*Sherrie Parker
Pinnacle
Surry-Yadkin EMC*

Flowers are like children

Growing flowers is like raising children: you have to know and love them.

Some flowers are easy to grow, others will grow wild, and you have to gently prune them back. Some flowers like a particular food and lots of it, others feed less. The same requirements apply to water. There are sun lovers, and others who prefer shade.



Lois and J.R. Snow

Like pretty women, flowers are neat and trim. When I see a dead blossom, I snip it off to keep it from taking away the strength from the flower and to keep the plant fresh and neat.

Flowers love to be touched, by delicate butterflies, bees and big fat spiders. I keep a sharp eye out for insects. Another big no-no are weeds; they crowd flowers' feet like tight shoes.

*Lois Snow
Clyde
Haywood EMC*

How to keep a garden happy

I love to visit my flowers in the morning when they are eager for a new day, and then I return in the evening as they settle down for the night. I have also found it helps to have a husband or partner who loves and enjoys flowers as much as I do to help with the chores.

A successful garden begins with the soil. Get it tested, and proceed with a sharp shovel. A little prayer also helps.

I am a believer in kitchen compost, shredded leaves, aged sawdust, a sprinkling of lime and my favorite: shredded horse manure. Horse manure is "hotter," so not much is needed. Because of the low-lying area of my garden, I rake the soil into 4-inch-high hills that are two feet wide. This way, watering can be controlled, and you have easy access for weeding during the growing season. I put a healthy layer of wheat straw on the paths. The straw will eventually disintegrate and can be tilled into the soil in the fall.

It is important to rotate your crops. Planting the same veggies in the same spot year after year will deplete the worth of the soil, no matter how much compost you use.

A garden should be a happy place, so include flowers in the garden. Be creative. Use old wooden stepladders as supports for climbers, construct a teepee out of laurel, place a chair smack in the middle of your garden. Sit back and enjoy. Most importantly, read Carolina Country's "Hank's Gardening Guide."



Flowers make a garden happy.

*Karen Gilfillan
Cashiers
Haywood*

**"I am a die-hard gardener.
Most of my plants die, and
they die pretty hard."**



—Mary Smith, Randolph EMC

How to retain moisture

Since we are subject to drought here in North Carolina, I have found a way to retain moisture when you plant vegetables.

Buy a package of disposable diapers and cut a square 6 inches by 6 inches for each hole. Dig a hole 12 inches deep. Dip the diaper square in water. Don't wring it out. Put this in the bottom of the hole along with two tablespoons of Epsom salt, one tablespoon of lime and two tablespoons of Miracle Grow. Cover this with dirt, then set out your plants. Pour about a cup or two of water around the plant—not on the plant.

You will not need to water these plants quite as often, since the diaper helps to hold the moisture.

This summer, I had 12 burpless cucumber plants and canned about 50 quarts of sweet pickles. This method works. Try it! (The diaper disintegrates during the growing season.)

I'm also enclosing my recipe for the best crisp, sweet pickles you will ever can. One lady even told me she saves the pickle juice in the jar and buys cucumbers all year and puts them into this juice.

*Buena Vista Loggin
Rockingham
Pee Dee EMC*

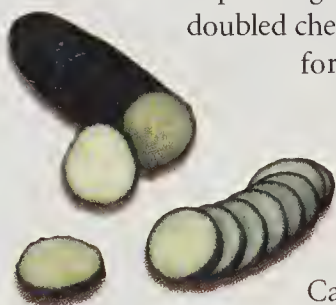
continued on p.46



Sweet, Crispy Cucumber Pickles

- 10 pounds burpless cucumbers
- 2 cups cooking lime
- 14 cups sugar
- 10 cups vinegar
- 1 box pickling spices

Slice the cucumbers into round slices about 1/4 inch thick. Put into a large pot (not aluminum), put the lime over the cucumber slices and add enough water to cover completely. Cover the pot, stir every now and then, then let set overnight. Next day, rinse the cucumber slices several times in cold water until all the lime is removed. Add the sugar, vinegar and the pickling spice (tied in



doubled cheesecloth). Let sit for 3 hours, then put on stove to boil for about 30 minutes until cucumbers are crystal clear.

Can into sterilized jars and seal tight. Let the jars process for about 15-20 minutes in hot water on the stove until jar tops "pop."

Bring Mom

The lady in the photo is my 86-year-old mother, Delcie Milam. That's her garden, but it's in Caldwell, West Virginia. Therefore, my best technique for successful gardening would be bring Mom to North Carolina to do it for me.



My garden is thriving, and we're having green beans for supper.

I have mercy on healthy plants and leave them in the store. Otherwise, I depend on Green Giant. No green thumb here.

Candy Jones
Roseboro
South River EMC

Use flowers for weed control



Fill your bed with many flowers. That way the weeds and grasses can't get enough sunlight to grow.

Betty D. Goodson
Greenville
Tideland EMC

Take two aspirin

My grandmother taught me an excellent tip on how to preserve the blooms of my rose garden inside my home. She filled a third of a vase with water and dropped two aspirin tablets into the water. Then she clipped the most beautiful blooms from my bushes and arranged them in the prepared vase. The vibrant color and health of the roses lasted twice as long as normal after being clipped. Even rose food did not compare to the wonders of my grandmother's two aspirin.

Holly Bibb
Goldsboro
Tri-Country EMC

Don't say "thank you"

While I was growing up, my grandmother (Mema) had beautiful flowers and plants. She would give me cuttings and small plants and tell me to put used coffee grounds on them and water them normally. That was her "secret" tip: used coffee grounds and tender care.

I would always say, "Thank you," and she told me, "Never say 'Thank you' for a plant. It will die. Just say, 'It's beautiful.' Or, 'That's sweet of you.' But never say 'Thank you.'" And sure enough, mine always died.

So when she passed away in 1987, I took a small aloe vera that she had just potted. I prayed, "Mema, you are not here for me to say 'thank you,'

so maybe this one will live." And with used coffee grounds and tender care this plant did live. And it has grown for 16 years. Some of the aloe blades are as wide and thick as my wrist and long as my arm.

Every spring I separate it and give pieces of my Mema away. I always remind people never to say "Thank you" and to sprinkle used coffee grounds. It works great on my houseplants and my garden.

Thank you, Mema!

Shelly Effler
Green Creek
Rutherford EMC

Pay attention to Grandpa

My tip for good gardening is to follow a pro with lots of experience: Grandpa.

When my son (now 15) was younger, he followed Grandpa's every step and learned from him as they went along. Not only did he get to learn from Grandpa, they made memories to last a lifetime. As you can see below, Grandpa sure knows how to grow a great watermelon.

Emma Kay Lewis
Mt. Olive
Tri-County EMC



Grandpa Perry Lewis sure knows how to grow a great watermelon.

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Maintain your soil

My gardening tips are: choose plants carefully and maintain soil.

To thrive, plants must be suited to the temperature zone, light, soil, space and water conditions. We are in zone 7b, but our heat zone is 8, so choose plants that are hardy in both zones 7 and 8.

Evaluate the site and research before buying. Plants placed in sub-optimal conditions will likely be stressed, and a stressed plant invites insects and disease.

Adhere to requirements for sun or shade and water needs. Determine the mature size of plants and make sure the planting site can accommodate them.

Soil preparation is key to long-term success. In your planting bed, break up clay about a foot deep. Blend in 30 to 50 percent compost (other than peat moss which rots away quickly). Also, till in 1 to 2 inches of soil-loosening agents, either ground bark "soil conditioner," or the more permanent solution, PermaTill. Topdress with compost every year or two.

Diane LaBonte, Master Gardener Volunteer
Huntersville
EnergyUnited

Tips for tomatoes

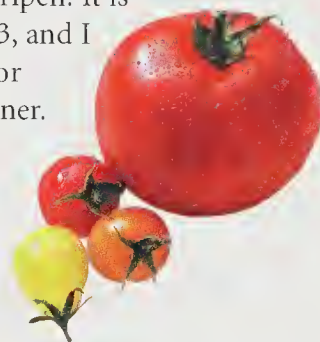
I am 80-years-old, and I enjoy gardening. In fall, I clean off all the grass and weeds in the garden. I put all my kitchen scraps, such as eggshells and potato peelings, in the rows where I will plant in spring. I add lime and torn-up newspapers to the rows. Each year I change my tomato rows since rotating helps them grow better.

In the spring before I plant, I fertilize the rows. I plant marigolds to help keep insects off my plants. I put newspapers around the tomatoes after they start to grow to ward off weeds. I start treating them when the blooms come to get rid of worms. I break the suckers off to help the plants grow larger, and I root the suckers to have plants for late tomatoes.

Before frost, I wrap the green tomatoes in newspapers to ripen. It is now November 23, and I still have some for Thanksgiving dinner.

Monnie Sullivan
Lillington

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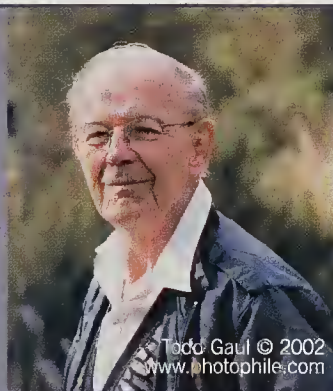
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During March, spring unfolds. Colors of spring creep forward as forsythia, daffodils, redbud, violets and many other ornamentals come into bloom. With days getting longer, gardening activities increase.

Prepare Soil for Good Yield

Flowers and vegetables require good soil to produce a good yield. Sandy loam soils are preferred. A fertile, well-drained soil allows roots to expand and produce healthy plants. Organic compost, aged manure, leaf mold and other additives improve the garden. They are the helpful standbys for gardeners. Vegetables need at least six hours of sunlight, and some need more. Leafy vegetables (cabbage, lettuce, spinach) require less sun than root vegetables (carrots, onions, potatoes). Root vegetables need less sun than fruit-bearing ones (cucumbers, eggplants, tomatoes). Avoid planting near roots of trees and shrubs that compete for nutrients and moisture. Plant outside the drip line of trees, to decrease plant growth and limit production of quality vegetables. A planned garden saves time, cost and space. In sandy soils, organic matter helps retain moisture and adds nutrients. In clay soils, inorganic materials break up the soil and

create spaces that allow water and air to travel through the soil. Large amounts are needed; otherwise the result will resemble concrete. The following can be used: Perlite, a white, glass-like volcanic material, about one-tenth the



Gardeners can improve soil for flowers and vegetables by mixing in organic compost, aged manure and leaf mold.

weight of sand that is often included in potting mixes; Vermiculite, a mica mineral with sponge-like kernels that are highly porous but very lightweight that is included in potting mixes; and coarse builders' sand, not fine sand, nor sand from the seashore.

Increasing Stock Plants

Several of the basic landscape plants can be reproduced by encouragement. Pinning lower limbs of azaleas and rhododendron to the ground can root the limbs. Dig a shallow trench beneath each limb. Scratch the underside of the bark where it touches the trench. Pin the limbs in the trench with oversized hairpins, such as those made from metal coat hangers. Other easy to lower plants include forsythia, crabapple, flowering cherry and Oriental magnolia.

continued on p. 50

HORT shorts

✂ For a permanent lawn of bluegrass or fescue, sow seeds now—well ahead of warm weather. It's still too cool to sow seeds of Bermuda grass.

✂ Plant seeds of beets, carrots, lettuce, radishes, onions, chard, kale, spinach, including New Zealand spinach, and turnips this month. Wait another month for the soil to warm up before planting

seedlings of eggplants, peppers and tomatoes.

✂ Use a complete fertilizer on just about all plants that are part of the landscape.

✂ Give camellias and azaleas acid fertilizer when they finish blooming and continue to feed monthly until hot weather arrives.

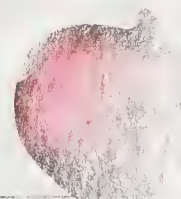
✂ If Bermuda lawn was overseeded with winter grass, lower the mower and cut close so that light

can penetrate and encourage the Bermuda to begin growth. When Bermuda begins to show green colors, begin a monthly feeding with high-nitrogen fertilizer.

✂ After planting strawberries, pinch off any blooms that appear the first year to concentrate energy toward developing strong roots and runners. Next year, plants will be established enough to produce a quality crop.

✂ Late March, April and early May plantings of chrysanthemums bring autumn beauty.

✂ Bearded iris plants are usually trouble free if rhizomes are planted shallow in well-drained soil in full sun. They adapt to almost any soil type.



continued from p. 49

Some horticulturists prefer to make a slight cut through a portion of the stems to be covered. This cut is treated with Roottime rooting hormone to speed the rooting process. A toothpick, small pebble or stick (for spacing) is placed between the two cut surfaces. The wounded branch is covered with a few inches of soil, with a brick or rock placed on top to keep the stems in place. Water is applied to the area, with mulch, compost or peat spread over the spot to conserve moisture. One growing season is sufficient for roots to form. The rooted stems are cut from the parent stock and planted where desired in the landscape scene.



Colorful redbud trees signal spring time.

Consider Color of Trees

In choosing trees that provide seasonal color interest, consider enjoying autumn colors from red maple, Japanese maple, ginkgo, and scarlet oak. For winter interest: white birch, river birch, and star magnolia. Spring color: pink dogwood, crabapple, Japanese white dogwood, and cherry (Prunus "Okame"). Summer color: golden rain tree, Styra (Styryx japonicus), star magnolia, lace-bark, and elm. Also, Conus albas or elegantissima or sericea Variegata) have bright red stems in winter and variegated green-edged-in-white leaves in summer. This is an unusual and striking plant.

Warm Soil for Spring Plants

Warming up soil for spring plants can be hastened by covering planting beds with sheets of black plastic, which trap the heat of the sun and hold it through the night. The plastic blocks sunlight and discourages weeds. Clear plastic heats soil faster, but encourages weed seed germination. Poke holes in the plastic to allow rain to reach soil. In a week or 10 days, cut



4-inch wide "X's" into the film. Then set plantlets in soil underneath. By mid-to-late May, young plants will begin active growth, often a fast growth. Rather than removing plastic, pile an organic mulch such as dried leaves, pine straw, or compost on top of the plastic. The organic mulch will prevent weed growth and conserve moisture.

Check with your local County Extension

Office for recommendation of plants adapted to your area, as well as assistance in having soil tested.

Russian Sage

Noted for arching stems that hold sprays of lavender-blue blossoms above finely cut, aromatic, gray-green leaves, Perovskia atriplicifolia complements red, orange and yellow flowers. "Filagran" has silvery foliage and an upright form of growth. Blue spire bears deep, violet-blue blossoms. Compact "Little Spire" grows only 2 feet tall. The fine texture of Russian sage is a good foil for perennials with coarse foliage, such as coneflower, stokes aster, iris and sedum. Mass plantings are effective, as the blooms have great impact. These plants withstand heat, drought, poor soil and pests exceptionally well. Good drainage, especially in winter, is important. Planting in slightly raised beds is helpful, as is mixing gravel with the soil. Avoid heavy clay soils, crowding plants and inadequate sun.

Dwarf Morning Glory Is Not a Vine

"Convolvulus tricolor" forms a sprawling mound, and is an excellent filler between annuals and perennials. Flowers remain open all day long—excellent for massing at the front of flower borders, as well as in hanging baskets and window boxes. It thrives in hot weather, and blooms all summer if watered during dry spells. Colors include magenta, red, pink, white and deep blue. Left to themselves, plants will reseed—but flower colors may not be true.

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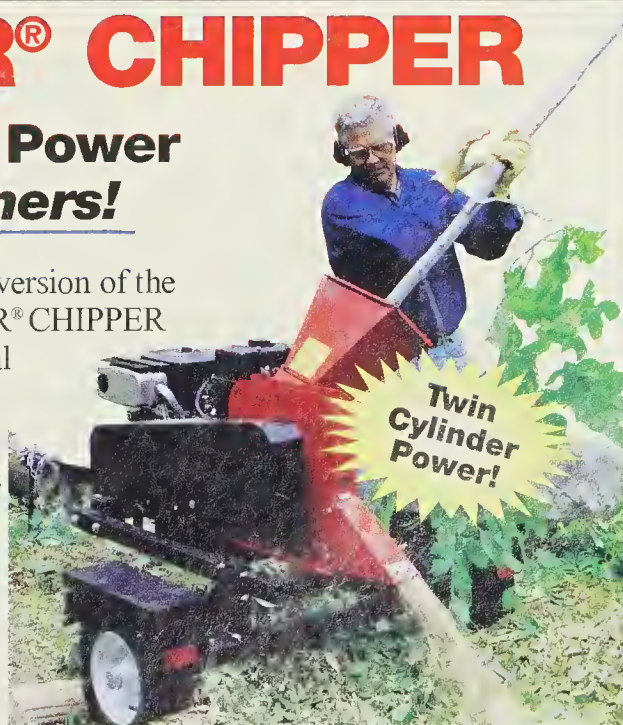
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New Refrigerators Sport More Efficient Temperature Controls

By James Dulley

Besides space and water heating and cooling, the refrigerator/freezer is the largest electricity consumer in most homes. This is particularly true if you have several children frequently opening the door looking for snacks. Replacing a large older refrigerator/freezer with a new efficient model may save as much as \$100 annually on your electric bills. This could pay back its cost quicker than the stock market or bank CD's.

Another key advantage of replacing an older model is that the new ones have much better temperature controls and maintain even temperatures throughout the refrigerator and freezer compartments. Maintaining the precise temperatures keeps foods fresher for a longer time for your family's health without overcooling and wasting electricity.

Several of the top-of-the-line models offer illuminated digital temperature readouts and controls for both compartments. This makes temperature adjustments easier and more precise. Multi-level lighting inside the refrigerator is also a plus. It is not only convenient, but by being able to see food items more clearly, you can find foods quicker and get the door closed sooner to save electricity.

The first important buying decision is selecting the proper size of refrigerator/freezer that your family needs. All other things being equal, a larger size uses more electricity than a smaller one because a larger one has more surface area and door gasket length. There is little insulation value at the door gaskets.

As a rule of thumb, a family of two needs about 12 cubic feet of refrigerator space. Add another one to two cubic feet for each additional family member. Most American families end up buying ones much larger than this efficient size guideline, though.

Even the most efficient refrigerator/freezers now have attractive exteriors because of material and manufacturing improvements. Insulation materials are better (higher R-value per inch thickness) allowing for more design flexibility without sacrificing efficiency. For example, there are some very attractive antique (1897-style) models with painted curved doors and bright nickel-plated

trim. Others have easy-to-clean, professional-looking stainless steel exteriors for a contemporary kitchen decor.

Most refrigerator/freezers use a single compressor with dual controls for the refrigerator and freezer compartments.

This often controls the air-flow between them. To give true independent control over the temperatures in each compartment, some very efficient models include two separate compressors, one for the refrigerator and one for the freezer. Each smaller compressor only operates when needed. Other efficient models use one variable-speed compressor to minimize temperature swings and compressor run time.

Although side-by-side refrigerator/freezers use somewhat more electricity than most over/under models of the same size, they offer the most capacity and convenience and are most popular. Some side-by-side models have a unique staggered shape with the top of the refrigerator portion wider and the lower portion of the freezer section wider. This is more convenient because the refrigerator portion is usually accessed more often, so this wider opening area locates more foods at eye level.

Another new efficient feature is a special drawer with its own temperature controls. This drawer is designed to either freeze foods quickly or to thaw them in half the normal time, depending on the mode you select. Other models have super-quick icemaker compartments that make ice cubes in one hour or less. Through-the-door ice and chilled water dispensers reduce the number of times the doors are opened each day so the compressor has to run less often. Select one with built-in water filters.

For convenience, some efficient models are circular. The glass shelves inside rotate similar to a lazy Susan, so it is easy to access any food items. These models have a rapid-freeze mode to quickly freeze or make ice. They are relatively small (11.5 cubic feet), but they are ideal for recreation rooms or one-person dwellings.

Other models are designed to run on 12 volts to be powered by batteries, windmills and solar panels, or they can be plugged into a standard electric outlet. This is ideal in case of emergencies. Some built-in models have a remote compressor that can be placed up to 15 feet away from the unit. This allows you to build the refrigerator/freezer into the cabinet without concern for airflow through the condenser coils. Adequate airflow is important for optimum energy efficiency.



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Pork Chops O'Brien

Pork Chops O'Brien

- 6 bone-in pork loin chops ($\frac{1}{2}$ inch thick)
- 1 tablespoon vegetable oil
- 1 can (10 $\frac{3}{4}$ ounces) condensed cream of celery soup, undiluted
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{4}$ teaspoon pepper
- 1 cup (4 ounces) shredded cheddar cheese, divided
- 1 can (2.8 ounces) French-fried onions, divided
- 1 package (24 ounces) frozen O'Brien hash brown potatoes, thawed
- $\frac{1}{2}$ teaspoon seasoned salt

In a skillet, brown pork chops in oil on each side. In a large bowl, combine the soup, milk, sour cream, pepper, $\frac{1}{2}$ cup cheese and $\frac{1}{2}$ cup onions; fold in potatoes. Spread into a greased 13-by-9-by-2-inch baking dish. Arrange chops on top; sprinkle with seasoned salt.

Cover and bake at 350 degrees for 40-45 minutes or until pork is tender. Uncover; sprinkle with remaining cheese and onions. Bake 5-10 minutes longer or until cheese is melted.

Yield: 6 servings.

Banana Macaroon Trifle

- 2 tablespoons butter or margarine, softened
- 1 cup sugar
- 1 egg
- 1 cup flaked coconut
- $\frac{1}{2}$ cup old-fashioned oats
- 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{4}$ cup milk
- 1 teaspoon vanilla extract
- 3 to 4 small firm bananas, sliced
- 1 tablespoon pineapple juice
- 1 carton (12 ounces) frozen whipped topping, thawed

For macaroon mixture, beat butter and sugar in a mixing bowl until well blended. Add egg; mix well. Combine coconut, oats, flour and baking powder. Combine milk and vanilla; add to the sugar mixture alternately with coconut mixture (mixture will appear curdled).

Spread in a well-greased 13-by-9-by-2-inch baking pan. Bake at 325 degrees for 25-30 minutes or until edges are golden brown. Cool completely; crumble. Set aside $\frac{1}{4}$ cup for topping.

Just before serving, toss bananas with pineapple juice. In a 2 $\frac{1}{2}$ quart serving bowl, layer a third of the macaroon crumbs, whipped topping and bananas. Repeat layers twice. Sprinkle with reserved crumbs.

Yield: 8-10 servings

* Store bought macaroons may be substituted.

Colorful Veggie Bake

- 2 packages (16 ounces each) frozen California-blend vegetables
- 8 ounces process cheese (Velveeta), cubed
- 6 tablespoons butter or margarine, divided
- $\frac{1}{2}$ cup crushed butter-flavored crackers (about 13 crackers)

Prepare vegetables according to package directions; drain. Place half in an ungreased 11-by-7-by-2-inch baking dish. In a small saucepan, combine cheese and 4 tablespoons butter; cook and stir over low heat until melted. Pour half over vegetables. Repeat layers. Melt remaining butter; toss with cracker crumbs. Sprinkle over top. Bake, uncovered, at 325 degrees for 20-25 minutes or until golden brown.

Yield: 8-10 servings.



Banana Macaroon Trifle



Colorful Veggie Bake

For more Carolina Kitchen recipes, visit our Web site at www.carolinacountry.com

Recipes are by Taste of Home magazine. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com.

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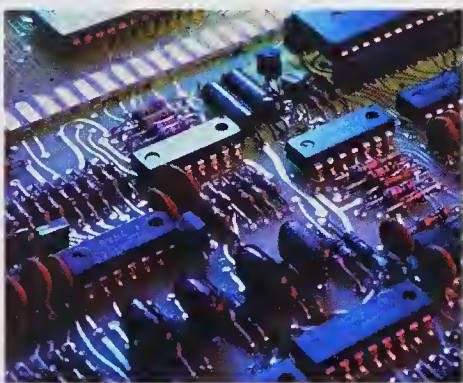
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 - Can cost only pennies a day
 - Whole Life Insurance Policy CHIC 5002
- Underwritten by Conseco Health Insurance Company

CLIP AND MAIL COUPON TODAY!

ACT NOW!

CONSECO HEALTH INSURANCE COMPANY
3700 FOREST DRIVE, SUITE 205
COLUMBIA, SC 29204

- ☐ **Plan 1** Yes, I would like to know more about the new plan!
- ☐ **Plan 2** Please provide information on Low Medicare Supplement Rates

Name

Address

City State ZIP

Date of Birth Telephone

**MAIL THIS COUPON TODAY TO RECEIVE
FULL DETAILS WITHOUT OBLIGATION**

CC 3/03

Plan 1: Most Health Conditions Accepted!

Not affiliated with or endorsed by any government agency

Sample Monthly Rates per 1,000

Issue Age	Male (non-smoker)	Female (non-smoker)
5	\$.60	\$.56
15	\$.78	\$.68
35	\$ 1.16	\$.98
55	\$ 3.08	\$ 2.35
65	\$ 5.52	\$ 3.78
75	\$ 10.69	\$ 7.37
85	\$ 22.28	\$ 16.32

Plan 2: Unbelievable Medicare Supplement Rates!

We have the **most competitive Medicare Supplement Rates Anywhere!** Please check Block #2 for more information and rates. Discount Drug Card and Automatic Claim Filing included at **NO EXTRA COST**